



Power Yoga for Athletes: More than 100 Poses and Flows to Improve Performance in Any Sport

By Sean Vigue

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Hockey, football, baseball, golf, swimming, lacrosse - whatever your sport of choice, yoga will help you to improve focus, flexibility, and performance.

Power Yoga for Athletes is perfect for those who want a total body and mind workout. Yoga is the ideal cross-training tool and a perfect stand-alone exercise, whether you're looking to improve balance, focus, control, breathing, posture, or flexibility; strengthen your back, joints, or core; or reduce or heal from injury.

Yoga benefits athletes of all types, helping you to improve your athletic prowess and hone new strengths. You'll find many poses ideal for the sport of your choice, including:

Running

Swimming

Cycling

Golfing

Baseball

Basketball

Soccer

Football/rugby

Hockey

Tennis

Featuring more than 100 yoga poses from instructor Sean Vigue, *Power Yoga for Athletes* incorporates more than just poses. It describes a whole-body program for cross-training and conditioning. Each yoga pose features step-by-step directions, instructional photography, muscles being worked, overall benefits, and the sports for which each pose is ideal. Get the balance, strength, and focus you need to perform at your best.

"Talk about a perfect pitch! Sean Vigue has the moves, mojo, and motivation you need to reach that next level of fitness. His energy is contagious and his pipes are sublime. Go Sean, go!" - Brooke Siler, bestselling author and Pilates "trainer to the stars"

"Power yoga is a perfect example of functional training. [It] increases your flexibility, strength and balance in such a way that you will feel more in balance doing your everyday tasks. [This is] a well-written book by Sean Vigue that demonstrates exercises you can do wherever you like. [It is] filled with instructional tips for the best exercises power yoga has to offer you. I definitely recommend this book to my followers, whether they are gymnasts, martial artists, or non-athletes!" - Jerome Fishermen, JeromeFitness.com

"Sean is a talented and knowledgeable fitness instructor that I am proud to have had the privilege of working with. Beyond his technical skill and knowledge, he also has a personality that makes him easy to get along with, and helps him inspire everyone, regardless of age, skill level, or gender, to become active through yoga and Pilates. This book is going to be a standard for athletes that are interested in taking their game to the next level in non-traditional fitness areas." - Dean Pohlman, owner Man Flow Yoga

"Sean teaches a challenging yet super fun yoga class. He is a master at what he does." - Heather Kapande, owner Nick's Pro Fitness in Evergreen, Colorado

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Editorial Review

Review

"Sean brings a lightness to any heavy-duty workout. His sense of humor keeps you smiling when your mind is telling you to frown and possibly give up. In my opinion, a light and kind teacher that can also encourage you to meet your edge is a treasure - and Sean is that!" - **Adriene Mishler of Yoga with Adriene**

"Sean teaches a challenging yet super fun yoga class. He is a master at what he does." Heather Kapande - **owner Nick's Pro Fitness in Evergreen, Colorado**

"Seans Power Yoga workouts are my go to yoga workouts. He is an amazing instructor and I love the way he always makes me laugh. Sean's Power Yoga workouts are a great way to start my day!" - **Laura London of Laura London Fitness**

"Working out with Sean is a blast! I refer my online clients to him because I know not only will they get a safe & effective workout, they are sure to be entertained in the process!" - **Dana Chapman of RealFitTV**

"I love Sean's dedication to yoga and working out, his fun personality and his commitment to helping people" - **Ali Kamenova of Ali Kamenova Yoga**

"I was in search of inspiration for yoga and pilates and when I found Sean online, I felt like I could accomplish my fitness goals and have fun at the same time! I had taken many different classes in person and online, but never did I connect with someone in such a human way. Sean is kind and thorough, yet silly enough to take your mind off of the many plankorific poses he teaches! His style of teaching is inclusive and full of variety, so you will never get bored. This combination makes for a long-term commitment from his students who keep coming back time and time again. I was so inspired by Sean that I became a yoga teacher myself! Thank you my friend for singing (sometimes literally) your inspirational teachings for all of us to forever enjoy!" - **Natalie Cummings, Founder Cardio Yoga Fusion**

About the Author

Sean Vigue is Colorado's premier Yoga and Pilates instructor, creator of Pilates Style's "Best Male Workout of 2011" Pilates for Men DVD/Download. He launched his own complete online training program, "Sean's Vault," and has taught more than 5,000 group fitness classes. He has been featured in The Washington Post, Curious.com, Fox News, Pilates Style magazine, The Denver Post, Fit Bottomed Girls, The Broadway Blog, YoFitTV.com, and MyGeniusTrainer.com.

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