



Yoga “Fore” Golfers & Golf Clinics
At Worcester Golf Club
Thursday’s starting at 10am

Golf Professional: Diane Rama, LPGA Teaching
Professional
Yoga Instructor: Joan Smith, Certified Yoga Instructor
(CYI)

Men and women of all ages, body types and levels of experience are welcome! This series is designed specifically for new to experienced golfers to develop strength, flexibility, body awareness and improve posture.

Benefits: Develop more supple muscles, ligaments and joints to enhance ease of motion. Learn and cultivate relaxation techniques for better golf and overall health. Generate a bigger shoulder turn to create more power in your swing. Ease pain in hips, shoulders and other areas of the body. Bring one club (7 iron) for yoga session. Diane will be offering golf clinics after some yoga sessions.

Sign up is required with payment to reserve spot in class or golf clinic. You can sign up for one individual class or come to as many as you like! Please fill out registration form. For more details please contact Diane Rama, LPGA Teaching Professional at dianeramagolf@gmail.com or call Diane 215-896-3764.

Please bring your own yoga mat, blocks, strap, and golf club if you have them. Mat and club will be provided for those that need them.

Your most important piece of equipment is your body!

Yoga & Golf Clinic Schedule & Rates

Yoga Schedule

May 2 & 9 from 10 to 11am

June 6 & 20 from 10 to 11am

July 11,18, & 25 from 10 to 11am

August 8,15, & 22 from 10 to 11am

Golf Clinic Schedule

May 9th from 11:30 to 12:30 (Grip, Setup, and Full Swing fundamentals with Irons)

June 6th from 11:30 to 12:30 (Putting – Grip, Setup, Speed – Line of Putt – Reading of Green)

July 18th from 11:30 to 12:30 (Full Swing – Hybrid, Fairway Woods, and Driver)

August 15th from 11:30 to 12:30 (Chipping – Setup, Technique, and Club Selection)

Yoga Fee: \$15 per session

Golf Clinic: \$20 per session

All Sessions are on Thursday's.

You can sign up for one class or as many as you like. You can sign up for just yoga session, or just golf clinic, or both sessions.

Registration Form

Name: _____

Email: _____

Phone
#:(cell) _____ **/(home)** _____

Medical Conditions we should know about:

Yoga Classes you would like to attend:

Golf Clinics you would like to attend:

**Please send payment to Diane Rama to reserve
your spot in class(s). Send to 199 Township Line
Rd., Harleysville, Pa. 19438**

