



# Improve Your Golf With Yoga Techniques (Missing Peace)

*Stefani Pappas, Megan O'Malley, Ashok Wahi*

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**Improve Your Golf With Yoga Techniques (Missing Peace)** Stefani Pappas, Megan O'Malley, Ashok Wahi

Relates specific selected yoga techniques to golf from the perspectives of physical and mental focus. Using easy to read, non-technical descriptions, illustrations and photographs. Douglas Mochrie, a Class "A" teaching golf pro has endorsed the book: saying "Hit your...ball farther. Enjoy golf more!...Learn how yoga can improve your game. The pictures clearly illustrate examples of the body positions and motions that correlate well with swings, chips, and putts."

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