



YOGA FOR BJJ

Keeping you on the mat and free from injury

Yoga is an excellent cross-training practice that promotes strength building, increases stamina, improves flexibility, and aids in recovery after training and competitions.

BJJ is an anterior sport, it tends to overwork the front of the body. In doing so, the posterior chain is weakened, leading to imbalance and therefore making you prone to injury. Effect of this can be seen in tight hips, chest and shoulder muscles, which lead to bad posture. Have you noticed whether you are walking with your feet pointing out instead of straight on? When you stand, are your shoulders rounded, out of proper alignment with the spine? These are mainly caused by body imbalances: as the muscles in your hips tighten, the glutes don't work properly and your femur will be pulled outward, resulting in your feet turning out. Too much focus on chest strength, while neglecting the upper back, will lead to slouching and pain in your upper back. But this will also negatively affect your breathing, as rounded shoulders tend to compress your diaphragm, and we all know that *breathing* correctly will contribute to greater available energy and mental focus.

In these yoga classes, participants will learn how to practice yoga to develop greater *functional* flexibility, strength, fitness and mental focus. We will go through key poses for areas of the body that are most overused or prone to injury for BJJ athletes, such as shoulders and hips. We will work on body awareness, alignment, balance and core, to develop strength and control during the entire motion. We will explore how Yoga and breathing techniques can be practiced on their own as important cross-training and injury prevention, or pre and post-training/fighting as a thorough stretch, cool down and to rehab tired muscles and prepare your body for your next roll.

No previous Yoga experience required.

Learn how to:

- Build power in the core, hips, hamstrings, and glutes to gain endurance.
- Be both strong and functional with your flexibility.
- Develop an efficient warm-up and warm-down routine for mental focus and injury prevention, to implement straight away to your training
- Use breathing techniques for mental sharpness, endurance and to get deeper in your stretches.
- Alleviate and prevent hips and upper-body discomfort, strengthen and lengthen the hamstrings, strengthen and increase mobility of the hip joint.

