

Who will benefit:

Athletes, in particular, but everyone can benefit! Consideration should be given young athletes, as their bodies are growing and physical movement patterns and habits are being developed that will affect them the rest of their life.

What can be done:

Through various poses and sequences of poses you learn to:

- activate dormant/inhibited muscles
- eliminate the need for some muscles to compensate for the inhibited muscles
- improve muscular strength and power
- think more clearly
- react more quickly
- feel better overall
- improve sleep patterns

Where in the body:

Muscles in the body have an opposing muscle and they work together with only one muscle being active at a time, known as Reciprocal Inhibition. A muscle will experience a **reduction in strength and power** when one of the muscles becomes inhibited or dormant and, therefore, dysfunctional. This creates both **physical and emotional stress and tension**.

It should be noted that a muscle will often become dysfunctional because it is a **primary source of movement in the athletes sport**.

When do you notice benefits:

USUALLY IMMEDIATELY!

You have tension, maybe significant tension... this probably means your muscles are:

- 1) INHIBITED or DORMANT and dysfunctional meaning they are **not relaxing completely** because they are:
 - > *INJURED
 - > NOT IN PROPER FORM
- 2) OVERACTIVE meaning they are **always turned on** and never relax
- 3) COMPENSATING because they have been busy **carrying the extra load**

***Yes, you should check with your doctor to determine if the tension is due to injury. Once you have your doctor's permission, then and only then, should you do yoga.**

Why should you do yoga poses?

There are many benefits, particularly as an athlete, there is a **need to correct over activity and compensation patterns**, or, you risk:

- tearing muscles
- increasing potential for injury
- not being functionally mobile, resulting in less strength and power

How does yoga correct issues:

Yoga Poses create a **lasting improvement** when practiced regularly by:

- changing the athletes **patterns of movement**
- **activating muscles** that have been inhibited/dormant and, therefore, dysfunctional.
- stopping the need for other **muscles to compensate**

Proper Breathing takes us back to using our **parasympathetic nervous system**, allowing for the proper exchange of oxygen and carbon dioxide in the blood. This in turn, provides:

- clearer thinking,
- improved reaction time
- healthier muscles
- helping us to stay, when appropriate, in our para-sympathetic nervous system (eliminating chronic stress)

Understand that many people "over breathe", they do not allow for the carbon dioxide to be fully exhaled, affecting the exchange of oxygen and carbon dioxide in the blood. The body recognizes, incorrectly, that you are in a state of "fight or flight" and the sympathetic nervous system turns on. In a moment of crisis this is good. However, if we live with this sympathetic nervous system turned on we are in a state of **chronic stress**, we experience **adrenal fatigue and we find our hormones out of balance creating many bad side effects such as difficulty sleeping, anxiety attacks, increased heart rate, increased blood pressure, dry mouth, sweaty palms, as well as negatively affecting our immune system, and even weight gain!** SOL Seasons Of Life Yoga has a program to address these issues.

"You can do Yoga... no matter the season of your life!"

– Annabelle Juneau, Canadian Yoga Alliance-registered Yoga Teacher

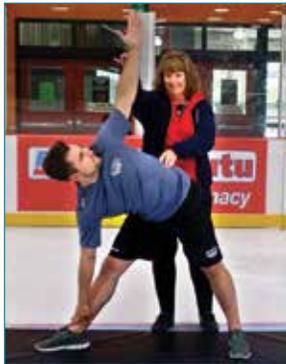


...that is **FUNCTIONAL MOBILITY YOGA**
or **FM YOGA**.

A game changer, precise alignment and proper breathing make the difference, instead of temporary relief; *you may now create lasting improvement!*

Annabelle Juneau was pleased and excited to have been accepted into a three month summer Mentorship Program with Dana Santas, YOGA EXPERT with CNN Health, Mobility Trainer for MLB, NHL, NBA & NFL.

The mentorship focus was on developing a knowledge base, whereby she can confidently assess, correct and create, using fundamental elements, an appropriate yoga sequence for an **individual or group** with a **concentration on issues pertaining to hockey players and goalies**, specifically.



"Yoga is an excellent path to health and well-being — mental, physical and spiritual! I have experienced a two-hour consultation with Annabelle Juneau, including Functional Mobility Yoga. She brings a deep understanding of the human body, allowing the body to become increasingly functional."

"The yoga training with Annabelle really benefits my game. I find the breathing she has trained my body to do and the flexibility help all my movements inside the crease and in intense situations on the ice to perform to the best of my ability."

*Kyle Porter
St. Stephen ACES
Junior A Hockey Club, MHL*

*Douglas D. Smith, MD, FRCPC
Physical Rehabilitation and Medicine
Former Medical Director
Forrest Hill (now Stan Cassidy)
Center for Rehabilitation*

Appointment Times for Assessments and Private Classes are available.

An assessment will take approximately one hour with a discussion for suggested poses to assist in bringing the body back toward **proper alignment**, and instruction on **proper breathing technique**. **\$60/hour**

To arrange for an assessment and/or private class

506-466-1314

annabelle.juneau@gmail.com

Annabelle Juneau is a Certified Yoga Instructor. She and her business, SOL Seasons Of Life Yoga, are Registered with the Canadian Yoga Alliance.

Canadian Yoga Alliance



Registered Yoga Teacher



Registered Yoga Business

200YTT (Yoga Teacher Training) certificate, April 2013, in Bali, AWAKENED LIFE SCHOOL OF YOGA, based in New York.

Yoga for Cancer Survivors and Those Living With Cancer, sponsored by the State of Maine, at the BETH C. WRIGHT CANCER RESOURCE CENTER with Margret Braun Sept. 2014.

Certified Prenatal Pranakria Yoga Instructor, trained at KRIPALU March 2015.



Annabelle Juneau

Working toward her next level of certification, 500YTT, she attended Meditation & Advanced Asanas at KRIPALU, Stockbridge, Mass. Jan. 2015.

Mentorship Program with Dana Santas, Yoga Expert – CNN Health, Mobility Trainer MLB, NHL, NBA, NFL focus on assessing, correcting and creating an appropriate yoga sequences for an individual, a hockey player, and a goalie, June – Aug., 2015.

TUNE IN TO FM YOGA

FUNCTIONAL MOBILITY YOGA



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SOL Seasons Of Life Yoga



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SOL Yoga supports the ACES!