

JOGA

Founded and Created by Jana Webb

What is JOGA?

JOGA is a neuromuscular movement system that bridges the gap between the benefits of Yoga and the Biomechanics of Sports. Teams use JOGA in their programs because JOGA enhances athletic performance, improves concentration, decreases recovery time, and ultimately transforms an athlete's game. It transforms imbalances and asymmetries into structural realignment, resulting in efficient moving patterns.



Joga is an athletic based style of yoga that incorporates:

- Unique blend of postures to find balance in strength and flexibility
- Variety of breathing techniques to improve breath control and recovery
- Relaxation tools to maintain a calm mind in sport and in life

Segment 1 - FIRE STARTER

“**Fire Starter**” is meant to build heat through the body by utilizing breath and movement. It isolates the smaller muscle groups around the joints and engages the deep core muscles. This segment builds more power, range of motion, and mind-body coordination by focusing on the breath, the deep stabilizing muscles, and the core. The key is to maintain postural kinetic lines and create a more focused mind-body practice.

Segment 2 - SILENT VICTORIES

“**Silent Victories**” includes *Benchmark Postures*, which are used to measure increased flexibility and range of motion. They are silent victories because often we place more importance on, and celebrate, gain in muscle tone or weight loss rather than gains associated with stretching the connective tissue, like deep fascia. It is in this segment that we feel the results of the entire JOGA program become apparent, especially in terms of finding the balance in strength and flexibility.

JOGA Breathing Techniques and Benefits

Isolated Belly/Chest Breath

This breathing exercise integrates both parasympathetic neural patterns during the “**Belly Breathing**” and the sympathetic neural patterns during the “**Chest Breathing**”.

By combining them, it helps to balance the ANS and the left and right sides of the brain. It helps with cognitive function, increasing lung volume and awareness of the breath in the different areas of the trunk. Due to the slow and controlled rate of each breath and the suspension in between inhales and exhales, it has an overall calming effect on the body and mind.

In sport, you need to be able to separate your upper body from your lower body. This breathing exercise is not only a separation tool which increases breath volume, it neurologically prepares the athlete for stabilizing the lower/upper body.

Fire Breath

While fire breathing is a belly breathing exercise, it can stimulate the SNS (due to its rapid rate) and is used as an invigorating technique. This technique detoxifies the body, stimulates the core, improves concentration and focus, and massages the internal organs.

Final Relaxation Belly Breath

This activates the relaxation response through the PSNS, which promotes rebuilding and recovery of the body, proper metabolism and digestive function, hormonal and emotional balance, lowered stress and anxiety, improved sleep patterns, and cognitive function. When you breathe consciously, you increase body/mind awareness, training you to redirect your energy and to master your thoughts.

Testimonials

“JOGA is different than basic yoga classes because it emphasizes on building strength while increasing range, rather than leaving you with over stretched, weak muscles. Incorporating JOGA into my training routine has increased my strength and flexibility. This has allowed me to compete at a high level injury free.” **Mike Zigomanis, Retired 13 year Pro Hockey Player, Pittsburgh Penguins (NHL)**

“As a professional athlete and Chiropractor, I am a significant supporter and advocate of JOGA. JOGA has helped me increase my flexibility while simultaneously increasing core strength, body positioning awareness, and proprioception. It was part of my training, which helped me qualify for the 2012 London Olympic Games”. **Dr. Josh Binstock, 2012 Canadian Olympian, Beach Volleyball**

“The JOGA workout Jana took me through had my body more prepared for a 9 inning game than ever before. Jana’s methods are designed to have the body last and maintain its strength. The endurance factor in the JOGA workouts have created a new life in my body through a rigorous season”. **Adam Jones, Baltimore Orioles, Centre Fielder (MLB)**

If you are interested in having me coach a session with your students and/or athletes send me an email and we can organize a time to work together. If you have any questions about JOGA, please feel free to email them to me as well and I will get back to you at my earliest convenience.

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EARN YOUR EDGE