

Kyle

[My Page](#)
[Edit](#)



WeightWatchers' Contributor

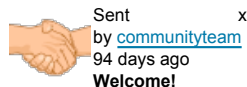
Sports Stack

[Edit]

You have no requests
22 new notifications

[My Blog](#)
[Write a Blog post](#)
[My Posts](#)
[My Message Boards](#)

My tokens



Sent by [communityteam](#) 94 days ago
Welcome!

[See more](#)
[Send a token to a Friend](#)

My status updates

kylestack

Tell people what you are doing right now

[Edit](#)

[prosparkwest](#) chilly day in NYC. should have worn stockings :(
10/15/10 12:23 PM

[pedrog263](#) Another stressful work day comes to an end!
10/14/10 08:04 PM

[pedrog263](#) God will understand if I do not go to church tonight. I have a cold right now and I need to rest.
10/8/10 03:18 PM

[See more](#)

What my Friends are up to

[prosparkwest](#) wrote on [prosparkwest's blog](#).

[sydney321](#) wrote on [sydney321's blog](#).

[prosparkwest](#) wrote on [prosparkwest's blog](#).

[See more](#)

Yoga in the NBA

[Edit](#), [Remove](#)

Written by [kylestack](#) on 10/15/2010 1:11:21 PM

What group of athletes would you consider to be the most unlikely to practice yoga? Hockey players and footballers come to mind. Yet basketball players have to rank up there, which makes it ironic that the NBA's Atlanta Hawks have embraced it.

Atlanta-based yoga instructor Michelle Young, who runs the studio Atlanta Hot Yoga, was brought on-board by the Hawks recently to introduce the exercise to the team's players. She expressed surprise when she was approached by Hawks trainer Wally Blase. "At first I was like, 'You want me to do what,'" Young says. "It wasn't sitting in my head correctly."

Young accepted the challenge to teach a group of players who she said had no idea what to expect from yoga. They've taken it slow by doing it once or twice per week for 30 minutes at a time before practice. It gives the players a chance to warm up, although there's a more critical component to the workouts.

"It's so demanding physically that it's more about injury prevention, getting the knees, ankles, hamstrings and hips open," Young says.

I've spoken in the past with trainers and other medical personnel who've emphasized that hamstrings are always a health concern with basketball players. All the jumping they do in practices and games strengthens their quadriceps but leaves their hamstrings unusually weak in comparison.

Young says she's more concerned right now with the players learning all the poses. Once they start 60-minute sessions during the regular season, they'll delve into the power aspect of the Power yoga she's teaching them.

"It's high-intensity cardio, high-intensity muscle toning and strengthening on top of all of the stretching along with it," Young says of Power yoga.

I can't imagine that every player was excited to try this. Some might have preferred another way to spend time working out. But the injury prevention and increased flexibility that come with yoga have to be appealing. Plus, introducing an exercise that's unfamiliar to many of the players has likely activated their competitive nature. They want to succeed at it.

Young says the players have all responded positively to yoga, perhaps in part because it's an out-of-the-box idea. If this can help prevent the muscle pulls and strains that are such a common part of the game, then the Hawks might have a leg up on the competition. And I'm not just referring to their yoga poses.

Categories: [Fitness](#), [Health](#), [Sports](#)

[Report this post](#)

[+ Share](#)

Leave a comment:

[see all](#)