



INTRODUCTION

The MIND. BODY. SWING. virtual journey is designed holistically to allow learning and understanding of your mind, body and swing. This unique program dives deeper into neurological processes that have massive implications on your endeavour of improving your golf game. The catch is that it will require 3 hours of training per week. Also no need to hit many or any golf balls over the 3 months.

PROGRAM OUTLINE

Introductory Session

This 2 hour intro session will cover the ground work for the 3 month program. Physical, Technical and Mental protocol.
Saturday Feb. 6 @11:30am

Virtual Group Sessions

Weekly group training sessions are facilitated by Coach Carter to help guide the group on the journey, following up on weekly worksheets. Saturdays 11:30am.

Feb. 6.13.20. Mar. 6.13.27. Apr. 3.10.24.

Individual Sessions

4 sessions with Coach Carter where we can dive into more individualized thought and practice. Either in studio or virtually.

THEMES

As golfers, we are fascinated with the projection of a golf ball towards a target. The movement that allows us to do this requires 3 neurological processes to be in sync. When we are in "sync" our body will respond with a desired behaviour or as golfers call it "swing"

Engaging in the development of the three themes below are the recipe for how you will be in sync more often.

Mindfulness

The skill of being present in the now which is a flow of concentration, clarity and equanimity. This is your ability to focus, detect sensations and be open or non judgmental to experience to optimize how you perceive any moment; perception.

Motor Control

Motor control involves the way in which the central nervous system organizes muscles into coordinated movements. Sensory information is used to select and control movement and movement patterns are influenced by our perceptions.

Loading Pattern

A specific movement or production of force that moves a load, club, which requires an amplitude, directionality and frequency. The ability to move the body in a efficient sequence while maintaining stability to keep the body in an uncompromising position will increase the command on the club and in-turn where the golf ball goes.

Program cost:

\$450

To register please email
coachcarter.bennett@gmail.com.