

are deskbound for many hours at a time while at work.

The first step to achieving a stronger back is to start by sitting cross-legged on the floor (picture 1). Place your left palm on your right knee (picture 2) and then place your right palm at the base of your tailbone (picture 3).

Once both hands are in position gently straighten your back and feel the stretch in the back muscles.

The next step in this two-fold exercise is to move your body back into the start position and place your right palm onto your left knee and your left palm at the base of your tailbone (picture 4).

Once you're back into this position again, straighten your back and feel the stretch in the other side of your lower back.

Like many of the other yoga poses, try to adopt this pose at least three times a week with up to 20 repetitions.

# Doing The Twist!

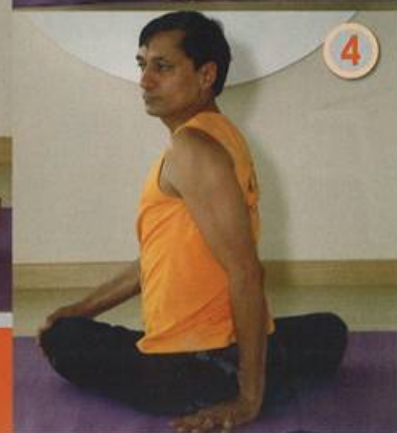
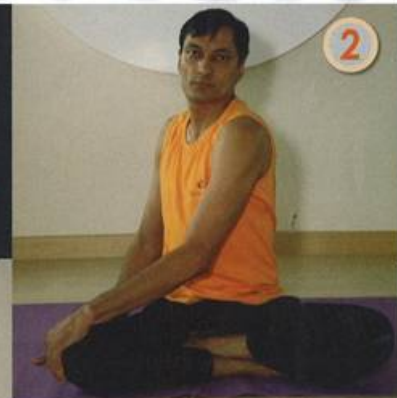
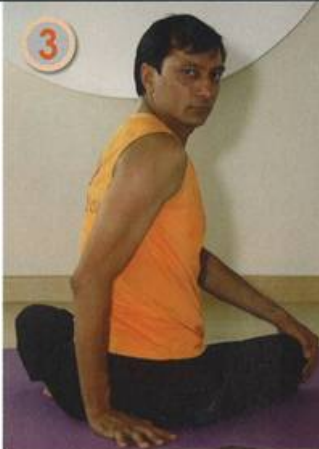
Continuing his exclusive instructional series for *Asian Golf Monthly Singapore Edition*, yoga master **Yogi Sukhdev** illustrates another exercise that will help you relieve stress on your lower back and increase muscular strength in this area. Pictures by **Luvin A. Lim**.

**R**egardless of whether you're an elite professional golfer or an amateur weekend hacker, back pain is frequently a major stumbling block if you're trying to improve or just merely play the game you enjoy.

Having strong back muscles is crucial, not only for a powerful swing but also for improving golfing longevity. I'm sure many of us know golfers that have reluctantly been forced to give up the game they love after sustaining a golf-induced back injury.

Doing an exercise called the Spin Twist will help relieve the stiffness and stress along the lower back muscles. At the same time, it will increase the strength and flexibility in this muscle group and in the spine.

This exercise is also great for those who



True Yoga, together with Yogi Sukhdev - yoga master to top athletes including golfer **Mardon Mamat**, Formula One driver **Mark Webber** and members of India's cricket team - is offering a complimentary yoga session to readers of *Asian Golf Monthly Singapore Edition*. Simply call True Yoga at 6536-3390 and quote *Asian Golf Monthly Singapore Edition* to make your booking.