

BLOG

3-FREE LESSONS NOW

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THE SECRET TO PROFESSIONAL BALLPLAYERS SOARING STATS!


If You Aren't Afraid To Up Your Game, Become A Sports-Naut!

Who wouldn't want to be Competitive Like Professional Ball Players?

Ever wonder how these Super Athletes get to such a high level of Success-I have? It has to be more than running drills and practice that make them like Sports Astronauts. Well, I found their Secret! You can Learn How the Best Professionals Propel their game with this **SIMPLE ACTIVITY**. Now, YOU can Excel in your game, too!

Long believed to be an activity for little girls, small or older women! But, let me tell you something; it has Proven to be the **Competitive Edge**. Welcome to the 21st Century! This Easy Practice is for athletes in **ALL** sports. Like football, tennis, hockey, soccer, ice skating, and more. It's even done as a team before practice by the **Seattle Seahawks, L.A. Clippers, and the Lakers**, to name a few. Here are some **BENEFITS**: (click each Box for more detail.)

Increased Flexibility



Fewer-To-NO Injuries



Higher Game Stats



**Calms the Mind
Improves Thinking**



Muscle Therapy



I'm so **EXCITED** to share this **Fantastic News** with you. It's helped tons of people and is easy to start. You won't believe all it can do for you. Yet it's **Safe and Simple**. Anyone who cares about their **Performance and Health** engages in this.

Tapping into this area of your brain allows you to reach levels you didn't believe possible. To do things you couldn't achieve before. We will show you how.

Amateur League Players are finding out about this elementary form. To increase their abilities because they love the competition or **Hope** to go Pro. Heard of **BIG-3 Ball League**, owned by **T.V. and Rap Star Ice Cube**? Those players can make about \$10,000 per game. Several weren't Pros but engaged in this program to up their game.

3-FREE GUIDED VIDEO LESSONS

LeBron James, LA Lakers, swears by it and has been executing these moves for years as part of his routine. He even teaches it to the younger generation. James said this helps him keep his **Balance and Eases Back Pain**.

Do you know that a 2015 **Study** done by Dr. Michael Irwin of **UCLA** and **Meta-Analysis** discovered something? The effects of **mind-body therapies** on the immune system. They Found that **Yoga** reduces **Inflammation**, a marker of chronic diseases. In addition, The American College of Cardiology (**JAMA**) Journal found great news. Positive effects of **Yoga** on **arrhythmia, anxiety, depression, and quality of life**. Also, **there are movements specific to enhancing Basketball**.

Basketball Yoga Blast is a miracle and can be demanding on physical **Endurance**. With its **Challenging Poses** ranging from beginner to expert level. And, it has **Excelled results from Pro-Ball Players-to-Sports Leaguers-to-Everyday Hardworking People**. New-found **Balance, Core Strength, Mental Clarity**, and a **Leaner Body**.

The **Benefits** improve all age groups' health, from kids to senior citizens. In addition, You can perform it anywhere, anytime, and without equipment.

Blake Griffith, 25, Brooklyn Nets, said the **most Crucial** to his workout is not lifting, sprinting, or shooting. But **Basketball Yoga Blast!** And that it **CALMS** his **Mind**.

Look, I've been an **Avid Reader** and in the **Medical field** for over forty years, so **Research** is part of my life. But, trust me; this is **Leggit!**

One of the main lessons taught in **Blast** is how to calm and engage your mind. The guide show positions with some instruction. Members state their video lessons are essential to progress.

Calm Your Mind...

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1. Usually best in the morning before starting your day, while things are **still and quiet**.
2. Sit in a **comfortable position**, usually with legs crossed.
3. Close your eyes and **clear your mind**. Only **focus** on your breathing. Think of nothing else.
4. **Slowly breathe in** through your nose as deeply as possible; then, slowly and controlled blow out through your mouth.
5. Repeat this and think of nothing else but doing **good slow, clean breaths**.

You are gaining control of your mind. In time, you'll be able to control other aspects of your life. The mind is like the universe. It will take practice, but YOU will go where you haven't before!

If YOU Desire to Boost Every Component of Athleticism. And be Your Best like Professionals. Then Basketball Yoga Blast is the ticket. **Join the winning team!** Like Russell Wilson, Aaron Rodgers, David Beckham, Maria Sharapova, and Stone Cold Steve Austin.

Click below **Now** to Immediately

Get Your 3-FREE Video Guided Lessons TODAY!

ACT NOW