

# Press Release

eBook / App iPad

Golf meets Mind & Yoga meets Golf



The golf first-aid kit with a difference

Mental Training

Humorous Anecdotes

Golf fitness with yoga for "non yogis"

Step-by-step instructions

Efficient performance tuning: eating and drinking

## Books for Golfers by a Golfer

"Yoga meets Golf" and "Golf meets Mind" are unusual golf books in all respects. Not only because they are prepared fresh and lively writing and the themes unite mental training, nutrition and round golf fitness with yoga. They also describe in brief and humorous anecdotes, the ups and downs of Dorothee Haering five-year plan to attain a single handicap. In the book project "Move your Game", Dorothee Haering has gathered together the information that she would have liked to have possessed at the beginning of her own golf career. It would have made following her five-year plan to a single handicap more efficient.

- Practice-oriented and holistic guide for golfers of all levels of performance
- Golf fitness with yoga for "non yogis"
- The golf first-aid kit with a difference
- Mental training
- Efficient performance tuning: eating and drinking
- Exercises with numerous photographs and step-by-step instructions
- Optimum enhancement for all types of technical training
- Brief, humorous anecdotes from the life of a golfer (45) who set herself the goal of becoming a single handicapper within the space of five years.

## Golf meets Mind

In »Golf meets Mind – Mental Training in Practice« you will find much useful information and very practical hints for the game in your head, as well as suggestions for nutrition on the golf course. Written in collaboration with the PGA and mental trainer Justin Walsh, this book is a treasure trove for golfers of all levels of performance. With a fresh new perspective and with numerous photographs, this book reflects Dorothee Haering's great passion for golf in humorous and self-deprecating anecdotes and also her serious search for pithy answers and approaches to solutions for the mental game. A book for golfers by a golfer. Move your Game!

### Golf meets Mind

Product Language: English

Original Language: German

Format: eBook

Number of pages (estimated): 290

Price: EUR 11.99, USD 16.99, CAD 16.99, NOK 89.00

GBP 9.99, CHF 14.00, AUD 16.99, DKK 89.00, SEK 109.00

Author: Dorothee Haering

Publisher: Move your Game /bildhaft

Author website: [www.move-your-game.com](http://www.move-your-game.com)

ebook: amazonkindle, iTunes, Barnes & Noble



## Yoga meets Golf

"No thank you!" That would have been the smiling denial of Dorothee Haering two years ago. "Me and yoga; sitting on the floor twisting my limbs into knots?" Unimaginable! But things tend to take their own way. Her physiotherapist sent her to yoga and she discovered all the Benefits for her game.

Yoga has benefits for all the qualities that are essential for a successful round of golf: flexibility, balance, strength, coordination and the ability to alternate between states of tension and relaxation. In addition to the fitness and anti-stress benefits for your game, yoga, with its element of meditation, offers you perfect energy management for synchronizing body and mind. Therefore it comes as no surprise that many of the best golfers in the world practice yoga.

A yoga book written by a golfer is, of course, not your standard yoga guide with mainly traditional asanas; the physical postures handed down through generations of yogis. "Yoga meets golf" is rather a mixture of traditional techniques and modern training principles specially tailored to golfers' needs and therefore also eminently suitable for "non-yogis".

- \* Set-up & Balance
- \* Arms & Hands
- \* Footwork & Strain
- \* Rotation & Back
- \* Playing in the Flow and mental Strength
- \* Background knowledge Golf & Health
- \* Warm Up for the driving range, Golfers I & II

## Yoga meets Golf

Product Language: English

Original Language: German

Format: eBook

Number of pages (estimated): 120

Price: \$ 12,99 /11,99 Euro /14,00 CHF

Author: Dorothee Haering

Publisher: Move your Game /bildhaft

Author website: [www.move-your-game.com](http://www.move-your-game.com)



ebook: amazonkindle, iTunes, Barnes & Noble

App iPad: iTunes **Publishing 07/2012**

**Dorothee Haering** is a free-lance photographer and owner of the graphics and marketing agency "bildhaft". Dorothee had her first experiences on the golfing green between the ages of eight and eleven, as a caddy and in children's golf lessons. After a long break she finally graduated in July 2006 at the age of 45 with a golf course certificate.

**Justin Walsh** is not only a Professional Golf Association and NLP trainer; he is also trained in sport hypnosis and energy psychology. He is a Trained Brain Coach at the Logical Golf Academy near Munich, Germany. His training method is an optimum combination of technical and mental golf training coupled with British humor.

**Dorothee Haering**  
haering@move-your-game.com

[www.move-your-game.com](http://www.move-your-game.com)  
[www.move-your-game.com/press](http://www.move-your-game.com/press)

**Dorothee Annick Haering**  
born in 1961, in Munich Germany



#### Vocational education

1979 Secondary school level I certificate  
1980 - 82 Photo college, in Munich, Germany  
1989 - 94 Academy of Fine Arts, in Munich, Germany

#### Professional activity

since 1982 a free-lance photographer, artist, media designer

since 1999 bildhaft® graphics and marketing agency  
[www.bildhaft.de](http://www.bildhaft.de)

since 2007 bildhaft.com - stock photography  
[www.bildhaft.com](http://www.bildhaft.com)