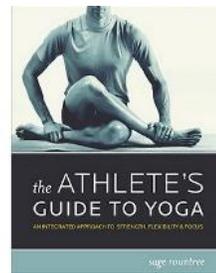


The Athlete's Guide to Yoga by Sage Rountree

A book review by Doug Morris



Author Sage Rountree writes with confidence stating in bold words in the very first sentence of the book that, “Yoga will make you a better athlete.”

This is a practical book of yoga for multi-sport athletes. In the early section of *The Athlete's Guide to Yoga* she introduces single foreign words identifying different types of yoga. Each type of yoga is followed with its English translation mingled in with her straight forward narrative of what yoga is for a beginner. The book is organized from warm up into main sets flowing into a cool down process.

There are high definition color pictures throughout the book with poses featuring Amanda and Michael Lovato as models. The married couple are professional triathletes with multiple first place finishes on both of their race resumes from short course to long course distances. Different pictures of the same yoga poses show Amanda, Michael, and Paige herself in variations to coach readers to adopt poses that best meet the needs of her readers practicing yoga.

Type A triathletes be forewarned that you should embrace a mantra from Paige's shout out of, “Yoga is not a competitive sport!” Hopefully you find that the appropriate amount of yoga, at the appropriate time, will enhance your athletic performance in your chosen competitive sport.

Her book is a mixing of bowl yoga topics as she effectively blends in her writings of yoga language, using common words to describe philosophical concepts, and adding high quality pictures for illustrated purposes. I highly recommend that you join a group session for yoga and refer back and forth from the book to practical applications in class.

There are a lot great takeaways in the book for all triathletes. From becoming more athletically flexible, to more mentally relaxed, and more physically aware of how breathing can benefit race performance. Heck, there is a full chapter on only breathing that includes categories like cleansing, cooling, and recovering. If top tier competitors are redlining in their races for success, then top notch yoga practitioners are idling at just above a flat line on an EKG.

I learned that yoga can appeal to a variety of people. Outdoor nature lovers will enjoy the mountain, tree, and star poses. People who enjoy man-made objects will like the bridge, chair, pyramid, and boat poses. And animal lovers will like the dog, cat, cow, eagle, pigeon, and crane poses.

Sage in her book explains that yoga is so much more than just posing. It also includes: stretching, breathing and relaxing. She states that through your yoga practice you can develop core muscle strength, mental toughness, and internal peace with some hurt so good twisting, rocking and rolling movements.

The book is almost a decade old, but if you didn't buy it when it first came out, it's not too late to recover much of the flexibility that you had ten years ago. All you need to do is step into your own yoga practice after picking up the book and learn how yoga will make you a better athlete.

Author Sage Rountree is a USA Triathlon coach, USA Cycling coach, and Registered Yoga teacher.

The Athlete's Guide to Yoga by Sage Rountree is published by Velopress and sells for \$21.95 with pictures throughout. This paperback is 7" x 9" and is 351 pages in length.