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*June 4th, 2020 - golfers who aren t able to master the mental game of the sports can be frustrated or even give up on the sports however they can up their mental strength by regularly practicing yoga posts for mental strength and discipline two things of fundamental importance in golf yoga is all about seeking mind and body endurance yoga poses helps you take control of your body mind and breath and"***yoga for golfers a unique mind body approach to golf**

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