

BY SHARON K. BENNETT

SALES LETTER

THE SECRET TO PROFESSIONAL BALLPLAYERS SOARING STATS!

Are You Ready To Up Your Game with Their Best Kept Secret?



You can Learn How the Best Professionals Propel their game. With this **SIMPLE ACTIVITY**, they EXCEL in their careers. So people Long believed it to be an activity for little girls and soft women. Oh My Gosh! Can I tell you something? It is the 21st Century. This Practice has Proven to be the **Competitive Edge** for athletes in **ALL** sports.

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

Football, tennis, hockey, soccer, ice skating, and more follow this practice. It's even done as a team before practice by the **Seattle Seahawks, L.A. Clippers, and the Lakers**, to name a few. How EASY it is will SURPRISE You! I'm so Excited to share a lot of this Fantastic information.

It's already 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 it. **Kareem Abdul-Jabbar** began doing the activity at least three times a week decades ago.

Over the past decade, more Pro Athletes from ALL sports have taken up this ancient Hindu discipline. But, more so, they discuss how important the practice is to their game.

Not Just for Basketball Players!

BY SHARON K. BENNETT

Not only do professional ballplayers take part. But so do **Amatuer League Players**. Do you realize that over 63,742 amateur sports clubs are in the United States? According to K&K Insurance and CauseIQ.com, these leagues bring in **Billions of dollars** every year.

Amateur Leaguers are improving their game stats. In Lacrosse, Hockey, Boxing, Cheerleading, Baton Twirling, Swimming, T-Ball, and Basketball. There's even an Amateur Co-ed Sports Platform called ShowUpAndPlay.

Why wouldn't any person who is active in sports or a sports enthusiast want to improve their game?

Find out why it's become addictive and is Fast Rising among Professional Ball Players. Like **LeBron James, Blake Griffin, and Russell Wilson** for over a decade. These guys have been at the top of the profession and get paid millions of dollars. Every person that desires to Live Life Strong can achieve that goal starting here. **Get Your 3-Free Video Guided Lessons.**

This Secret to Improving their Abilities gives them the **Competitive Edge**. And many other benefits making them Sports Astronauts (SportsNauts).

Look, I've been an Avid Reader and in the Medical field for over forty years. So Research is part of my life. Trust me, this is Leggit! Especially when it helped my back pain and sleep quality.

What Do You Get Out of It?

This activity is a popular exercise that focuses on Breathing, Strength, and Flexibility. Practicing it may provide many physical and mental health benefits. According to Medical NewsToday, from 2012 to 2017, the number of people practicing increased from 9.5% to 14.3%. It has since **Grown EXPONENTIALLY!**

The National Health Survey reported that around 94% of people who practice in the U.S. do so for wellness reasons. There are movements specific to each sport that help propel that player.

How?

- Increased Flexibility: Fewer-to-No Injuries and faster changes in body composition
- Higher game Stats/Results
- Focused Breathing: More Efficient, takes less effort to do the same work
- Calms Mind: the Nervous System, and Improves Thinking
- Muscle Therapy: the relaxation aids in stretching and loosening
- A Tighter Core: by holding key positions it uses your body weight
- Processes Lactic Acid rather than allowing build-up.

All components are **CRITICAL** for injury prevention. For example, Breathing Exercises decrease the amount of oxygen your body uses during exercise.

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Now, you too can have the secret like your Sports-Nauts. At LiveLifeStrong.com, **See How by Downloading Your 3-FREE 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 next generation. James said this helps him keep his **Balance and Eases Back Pain**. He further stated that he heals faster since beginning the yoga blast.

IT'S A MIRACLE!

Basketball Yoga Blast is a miracle! And can be a demanding test of physical Endurance with Challenging Poses. The levels range from beginner to expert. Named after the sport that first used it as a team. Yet, it has given a lot of people the Edge. From Pro-Ball Players-to-Sports Leaguers-to-Everyday Hardworking Folks.

New-found **Balance, Core Strength, Mental Clarity**, and a **Leaner Body** are qualities sought. And The Benefits improve all age groups' **Health**, from kids to senior citizens. But Most **Important**, there are **movements specific to enhancement for Ballplayers**. Besides, YOU can perform it anywhere, anytime, and without any equipment.

Blake Griffin, 25, Brooklyn Nets. Said The **most** Crucial part of his workout is not lifting, sprinting, or shooting. But **Basketball Yoga Blast!** And that it **CALMS** his **Mind**.

Kareem Abdul-Jabbar is a legend and has done this throughout his career. But, his practice became more detailed with Basketball specific Yoga. He states that it allowed him to play as long as he did and stay stable, strong, and healthy as a senior citizen.

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

Get Your 3-FREE Video Guided Lessons TODAY!

ACT NOW

Even Kids are Making Money!

Remember those Amateur Leagues I mentioned earlier? Every sport has a nonprofessional leveled league—for example, volleyball, skating, driving, and cricket, to name a few more. And tons of them play from grade school to college.

That's serious business because these kids are starting to earn money. I doubt they're doing it for grins! They have a high goal set for their lives and plan to reach it at all costs. Great decision-making...

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Ice Cube's BIG3 BASKETBALL

A famous actor and rapper, O'Shea Jackson, owns an organization called BIG3. The majority of them are past professional ballplayers. And they can earn 10K per game and up, plus bonuses.

But, some players only did college or street league ball. So how are they able to play at such a level? You got it—**Basketball Yoga Blast!**

Loads of players said they'd found out about Yoga and had **Everything to Gain** by trying it. So with **Nothing to Lose**, they began the practice. It helped them **Achieve their Goals**—playing on a Pro team.

Joe Johnson is a seven-time NBA All-Star. Some argue the best player right now on the Brooklyn Nets. And the 4th highest-paid athlete last season. The 32-year-old claims, "It's therapy for my muscles, and my muscles need that more than anything."

REASON IT WORKS

1. Reduces Your Stress and Aids Relaxation. Persistent surges of Stress Hormones may damage blood vessels and elevate blood pressure. But research has shown those who practice have lower levels.
2. Reduces Inflammation. By lowering those same hormones. Plus another one called Cytokines. It allows for faster healing.
3. The slow-paced Controlled Breathing reduces anxiety and improves mood, even more than walking. It can reduce Depressive symptoms, also.
4. Decreases Back Pain. Lower Back Pain affects around 80% of adults at some point in life. Affecting the ability to do daily tasks, exercise, and Sleep. The American Journal of Preventive Medicine showed a 12-week program improved Pain Levels. And that it's as effective as physical therapy.
5. Restorative Sleep. People who can relax have less stress and pain and can sleep better. To be healthy and recover your body requires deep restorative sleep.

CHECK THIS OUT!

It's amazing the results people are getting. Too many to ignore. **Knowledge Is Power**, and once these athletes found the secret, they took full advantage. Who wouldn't want to better themselves if they knew how? Well, now you know.

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There are excellent reasons why **Basketball Yoga Blast** has gained so much popularity. “It is a performance enhancer,” said **Los Angeles Chargers wide receiver Travis Benjamin**. It’s Beyond Flexibility and Balance. Athletes use Yoga to strengthen their bodies and minds to boost their athletic performance. Why wouldn’t you?

THINK IT-WANT IT-GET IT!

Practicing Sports Yoga is not about trying to twist into difficult poses. It’s about an experience of being in your body and getting to know it. These players have learned their bodies by connecting with their minds. If you want to achieve your highest possible level in sports, you need to have a relationship with your body. **Anything Is Possible!**

The Institute of Yoga Sports Science trains Professionals to Teach a Sports-specific program. They have an understanding of each sport’s biomechanics. The physical and mental demands. Also, the potential injuries from competing in it.

Designing a yoga program for the athlete requires combined knowledge. You get a **FREE LIST** of **Certified** Sports Yoga Professionals in the U.S. There are tons of testimonials. Use them if you prefer **in-person training**. These trained instructors are in our videos.

All for less than a \$200 evening out for fine Dining.

BUT WAIT!

That comment that only women do Yoga and aren’t professional athletes remember? Now, you know different. Performance Yoga makes you strong. So, even if you start weak, you won’t stay there...

Sports Yoga is a BIG DEAL

Whatever Name you use, It’s All Specified Yoga—detailed for your needs. It’s become the rage amongst athletes. But senior citizens and people with weight-management issues are engaging, too. They’ve gotten great results from practicing Yoga. (LeBron James)



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Can you imagine not being able to bend down to pick up an item? Unfortunately, the elderly and over-weight can. Those wanting more control of their bodies are active in Performance Yoga Programs. Don't play a professional sport--that's okay! Why not be healthier and feel better?

Power Yoga has allowed

Flexibility because their muscles are more pliable...

- A Tighter Core and Leaner Body \Frame
- Less Desire for non-healthy food
- Less Pain; especially for tight hips or other joints and muscles
- The Desire to do it more

It's not a matter of watching some T.V. class. It's about understanding **WHY** you are using a **Particular Pose or Sequence**—and preparing the body to get into a position. With our video course programs, Authorized Certified Professionals perform the training. A Free Guide and Testimonials. **Plus**, there is a **surprise Celebrity Athlete Cameo in the video courses---PRICELESS!**

That alone is worth the price of an NBA courtside ticket of \$300 and Up.

LEARN MORE!

We've Talked about Loads of reasons how Basketball Yoga Blast can help you. What gives our Super Sports-Naut Athletes that Zeal. We solved the Mystery. It's more than sheer genes or talent.

For **NO OBLIGATION**, You can select the sports type to help **YOU**.

Then, receive **FREE** access to the **First 3-Video Lessons**.

Don't be afraid to reach your athletic goals. Propel yourself to the top of your league where Only the Best hover. The technique is within Your grasp at **NO RISK** to You!

Thousands of Athletes in hundreds of leagues making Billions of dollars can't be wrong. Their success and admission to doing **The Blast** is a gold mine. But, there is a Science to this program. And **YOU** can be part of the Phenomenon.

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Every sport makes **positive gains** with the activity. Also, **non-competing athletes** have found improvements and relief with a tailored program. From increased Flexibility, Less Pain, Less Stress, a Toner Body, a Calmer Mind, and Better Sleep. Health is **less expensive** than ailments with doctor visits. A certified specialized program **costs less** than a doctor's visit at \$500 to \$1000.

Cream rises to the top and is the **higher layered** product skimmed from milk after separation. It's a Versatile ingredient. There is no room for excuses in Being a superior player. It is not for the Timid or Fearful and requires Action for you to **separate yourself** from the average player.

BE IRREPLACEABLE

Pay Nothing now! Explore the free information on our website and **Your 3-Video Lessons.**

See How WE CAN HELP YOU to be at THE TOP! Only \$49/month

In 2020, an 11-year-old Yoga Prodigy named Ishwar Sharma won an award. It's called The Points of Light Award from Global Child Prodigy.

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He has Autism and ADHD yet leads a class daily for 40 children across 14 countries. Ishwar began Yoga at 3-years-old with his dad. It helped him find self-control, inner peace, and calm.

Swami Sivananda is a 125-year-old Yoga Practitioner. He received the Padma Shri Award in March of 2022 in India. Born in 1896, he's still doing it daily and can perform all his daily care.

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-People who've **tapped into their inner powers** to reach their ultimate goals.

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-**Celebrity guests** in the video lessons

-**Event invites** to practice with Celebrity members. So, Join the Party!

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See you at the top,

Ursala Excelsior

Ursala Excelsior, president of Live Life Strong.

P.S.

Congratulations on choosing to be your Best Self. Your Spirit is Strong, and you'll go where you haven't before!