

Gwen Lawrence



Gwen Lawrence

- Celebrity Yoga Coach
- Massage Therapist
- Yoga Therapist
- Experienced Registered Yoga Teacher 500
- Registered Yoga School owner
- B.S. Art & Dance
- Member NSCA YTA YA
- Ahperd member/presenter
- Wife/Mother
- Adjunct Professor



Client list

- Super Bowl champions
- LPGA Champions
- World Series Champions
- World Cup soccer players, and Coaches
- Actors and Actresses on location
- NCAA champion athletes
- NFL Coaches and Players
- NBA Champions
- NFL Champions
- Olympic Athletes, and Gold medalists
- NY Giants 18 season
- NY Knicks 13 seasons
- NY Redbulls 9 seasons
- NYCFC 2 seasons
- NY Rangers 5 seasons
- NY Yankees 2 seasons
- NY Mets Hired 2018
- New York Yankees, Alex Rodriguez 9 years
- NYCFC and David Villa
- New York Mets Team
- New York Giants Team Yoga Coach , including : Super Bowl Years
- New York Rangers, Including: Chris Drury, Henrik Lundquist Brendan Shanahan and more
- New York Redbulls Team Yoga Coach, Including: Claudio Reyna, Juan Pablo Angel
- New York Knicks Team Yoga Coach, Including Danillo Galinari, Shawn Williams, Landry Fields, Coach Mike D'Antoni
- Kathie Lee and Frank Gifford
- Regis and Joy Philbin
- Bob and Lee Woodruff
- Hoda Kotb
- David Letterman
- Glenn Close
- Coach Larry Brown
- Members of the Rockefeller Family
- Members of the Bush Family
- UN Secretary General Kofi Anon
- Carmen John Thain
- Meaghan Francella LPGA
- Kate Hudson
- Elie Tahari
- NYCFC
- Michael Watkins Marine, Director
- Judy & Jamie Dimon



Certifications:

Gwen Lawrence has been a massage therapist for 20+ years and a practicing fitness professional since 1990.

At Gwen's Yoga School, her focus is on a sport-specific yoga program, Power Yoga for Sports and includes private yoga training and class instruction. Gwen's unique combination of dance, massage and yoga training experience, coupled with her extensive knowledge of anatomy, and nutrition, provide her clients, and athletes with overwhelming benefits. Gwen has an online learning platform and trainees in 18 countries 28 states.

- BS bachelors of Science in Art and Dance
- LMT licensed massage therapist since 1990
- E-RYT 500 experienced registered Yoga Teacher 500 hour, highest accredited
- YTA member of Yoga teachers association
- YA member of Yoga Alliance
- NSCA member National Sports conditioning association
- RY th Registered Yoga Therapist
- RYS register accredited yoga school owner founder director
- AHPERD
- Medical vacu-Cupping
- Reiki level II

Seen on:



- The TODAY SHOW
- The Dr. Oz Show
- The Better Man Show
- ABC news
- Lifetime Health corner TV
- Exercise TV
- Regular contributor & Host for LUNCH NYC Show!
- Good Day New York
- Gaia TV
- Myyogaonline.com
- Yogavibes.com
- VERIA TV
- Arise TV
- Univision
- Good Day Sacramento
- NYC Life
- Dylan's Lunchbox



Seen in:

- 7 DVD's Power Yoga for Sports
- Men's Health Magazine
- Women's Health Magazine
- Fitness Magazine
- Shape.com, Mind Body Green
- Active.com regular contributor
- The Rye Record
- The Journal News
- Body Soul magazine,
- Sweat Equity magazine
- Journal News, ORIGINS
- ESPN.com, Diva Dietician
- Modernmom.com, Truth Dive
- Details magazine, Yoga Dork
- ESPN HS magazine, Cosmo
- Shape Magazine Russia
- Yoga Journal, Fox News Health
- Gaiam TV , Everyday Health
- The New York Post, Yahoo Sports
- MSN.Fox Sports, Better Homes
- Yoga Magazine, Runners World
- MORE Magazine, ESPNW

GET A BETTER BODY IN 2 DAYS!

Trimmer! Tighter!

LEAN LEGS! • FLAT ABS! • TIGHT BUTT!

Women's Health

SHED ONE SIZE!

New Moves That Melt Pounds & Trim Inches—in Just 2 Weeks

Stop-the-Clock Beauty Tricks

Get Buff on a Budget

Deeper Sleep, More Energy!

Fat-Blasting Food Fill Up and Slim Down

875 Amazing Style, Sex, Health, Fitness & Nutrition Tips!

WESTCHESTE 2010

317 Winners

feel good / look good / do good

All Day Energy!

24 easy ways to rev up your routine p.60

Holiday Detox Undo your indulgences p.68

Are you doing the wrong workout?

Find one you'll stick to with our quiz p.60

Alisa Silverman's Diet Makeover Lose weight, feel great and love your body!

Conscious Cooking Be kind to yourself and the planet p.68

Special Report **How to fight infection without antibiotics** p.12

Happy, holistic holidays! Yummy, healthy cookies • Presents with purpose • Best indigestion cures • Pre-bash yoga boost

empowering your back. It helps keep your spine in the best of positions, which promotes greater lung capacity and overall respiration of the muscles for endurance on the course. It's your core in a sitting, so it will build and define weight for longer periods of time. They will help you attain greater — and safer — and safer and longer in time.



Yoga for Golf

Yoga will strengthen your back, lengthen your drives, and cut strokes off your score — no shirt passing!

Seated Easy Crossed Leg Twist
This is one of the most gentle and relaxing yoga poses that will help you gain flexibility in your spine. It helps create an alignment of your spine which enables your swing. While sitting in the position, twist slowly to the left and then back to the right. Swallowing in sync with the movement helps to release any tension in your neck and shoulders.

Downward-Facing Dog
This is a great pose for your back and neck, but helps you stretch your back muscles, shoulders, and hips. It's a great pose that helps to help you get into the daily habit of standing on the ball of your feet with your feet together. It's a great pose to practice on a regular basis.



Happy Cow Arms
This is a great pose for your back and neck, but helps you stretch your back muscles, shoulders, and hips. It's a great pose that helps to help you get into the daily habit of standing on the ball of your feet with your feet together. It's a great pose to practice on a regular basis.

Seated Table
This is a great pose for your back and neck, but helps you stretch your back muscles, shoulders, and hips. It's a great pose that helps to help you get into the daily habit of standing on the ball of your feet with your feet together. It's a great pose to practice on a regular basis.

BETTER MAN

Show

with BRIAN JONES &
GWEN LAWRENCE



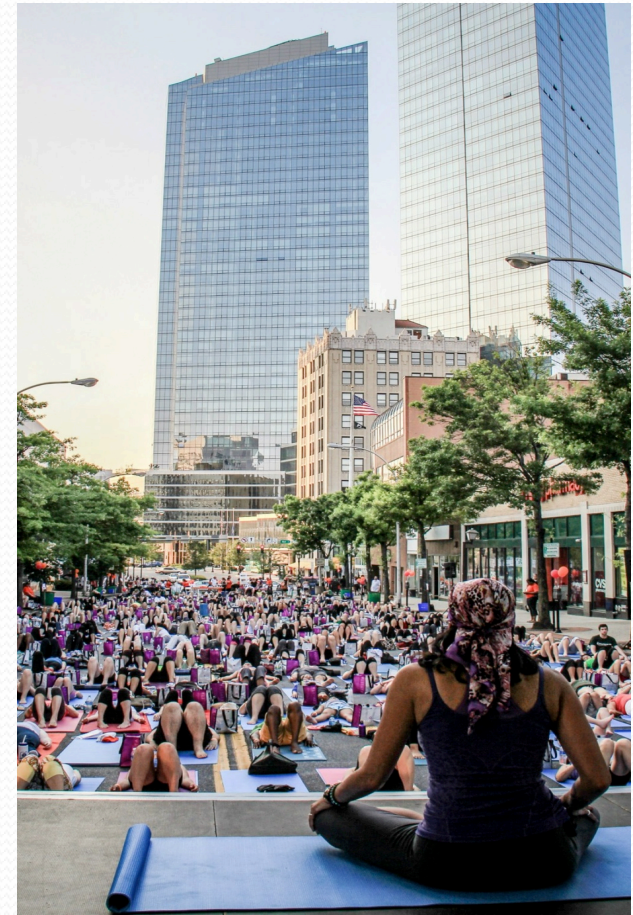
A LIFESTYLE SHOW FOR THE MODERN MAN!

Experiences

- 12 station National Radio junket, as Spokesperson for Afrin Pure Sea
- The Athletic Trainer Society of New Jersey, Guest Speaker
- World Baseball Coaches Convention, Guest Speaker 2010
- WFAN radio
- Speaker AFPA conventions
- Presenter ECA NYC conventions
- Speaker presenter Manz convention

Portugal

- Yoga in our schools radio
- WCBS Sports radio
- Univision
- Brian Jones radio show
- AHPERD



Body Sculpting
with
Yoga

The Revolutionary Way to Sculpt and Shape Your Body

over
125
total body exercises

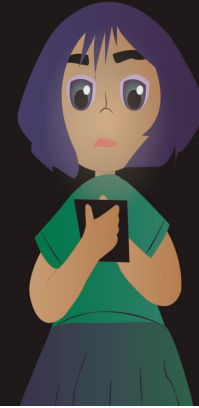
Plus Daily Workouts and Nutrition for Amazing Results

Gwen Lawrence
Creator of the Power Yoga for Sports Program

hatherleigh amazon.com BARNES & NOBLE INDIE BOUND

BOOKS

Brenda and the looking screen



Gwen Lawrence



TACTICAL MOBILITY

★★★★★

THE COMPREHENSIVE TRAINING & FITNESS GUIDE FOR INCREASED FLEXIBILITY & INJURY PREVENTION

GWEN LAWRENCE, NICK BENAS, USMC
and STEWART SMITH, CSCS, USN (SEAL)

TEACHING POWER YOGA FOR SPORTS

GWEN LAWRENCE

Foreword by **Tom Coughlin**

BEST SPORTS MEDICINE INNOVATION

Poised Pose

Sometimes the best new things are old. Like, thousands of years old. "More and more pro athletes are incorporating yoga into their training," says Gwen Lawrence, who owns Power Yoga for Sports and works with athletes from all four major sports leagues. Many pro teams, including the [New York Giants](#), have offered yoga classes to help players boost strength, flexibility and conditioning. "You keep doing it and improving," says Bears defensive end [Israel Idonije](#). "Hopefully it can add years to your career." Or at least keep your head in the game. Says Dr. Brian Donley, director of the Center of Foot and Ankle Surgery at the Cleveland Clinic: "Yoga can increase mental focus, and these athletes are looking for every edge they can get." Well, maybe not every edge. "Gwen's trying to get me to do headstands," says Giants guard [Chris Snee](#). "But I'm not there yet."



COVERS



Sponsorships & Ambassadorships

- Official Spokesperson for Gaiam TV
- Gaiam
- Lululemon, Clothing Ambassador in 2009 & 2010 2013 & 2014 2015
- Lululemon, chosen for Elite Ambassador Summit in 2010
- I love Yoga, Clothing Ambassador
- Afrin Pure Sea
- Powerbalance
- Yoga Earth
- Nominated Putnam County Female Entrepreneur of the Year
- Power Bar Team Elite athlete 2012-2013
- Sponsored athlete Under Armor 3 years
- Lurong
- Vibe plate
- Torq King
- FREEZE
- Alignmed
- Vita Jewel



GAIAM TITLE TEACHER

INTERNATIONALLY RELEASED DVD



Participations:

- Best of Westchester by Westchester magazine, 2010
- Best of Westchester “Sports Yoga” 2010
- Host of 2010 Westchester Yoga Jam
- Lead teacher “Yoga on the Great Lawn 2010” record breaking 10,000 participants
- Lead teacher 2010 Yoga in Bryant Park 400 participants
- Lead Teacher Mental Health Association Yoga event
- Wanderlust, Hanuman Festival, AFPA Conventions,
- Sedona Yoga festival Lead Teacher
- ECA/BOW conventions, ABCA Conventions
- Lead Teacher LIVE WELL BE WELL @ Bethel Woods
- Lead Teacher NBA referee conference



GAIAM SOL

YOGA MAT AD




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GAIAM
sol

Here Comes the Sol.

The Uttama Yoga Mat
Extra-thick Without
Compromising Stability

Gwen Lawrence, Power Yoga for Sports



Guaranteed to Last a Lifetime.

◀ Scan here to learn more about Gaiam Sol yoga mats or go www.gaiam.com/gaiamsol

Available at shopgaiam.com & amazon.com

Yoga Magazine Teacher of the Month



TEACHER OF THE MONTH

GWEN LAWRENCE

My journey began way back when I was three when I started dancing. This was the commencement of creating messages with my body. I continued through high school and college, and studied art as I was enthralled by figure drawing and the human body, and well consumed by anatomy and physiology.

After attaining my degree in Art and Dance I immediately went on to New York's prestigious Swedish Institute of Allied Health Science to become a Massage Therapist, building a successful practice and working on my own under Doctors and Therapists and learned a ton. I was also training celebrities and loving my job. One of my celebrity clients I was currently training for a movie, asked me to go to California to get certified in yoga so I could do yoga with her. I'd just had my third son and it was a perfect time, and the rest is history.

Way back in massage school my interest was in applying my knowledge to work with athletes having witnessed my boyfriend's (and future husband) journey to play pro baseball. People ridiculed me for my lofty goals, but that didn't stop me, it propelled me.

I'm now a Yoga Coach for five professional teams in NY including Super Bowl Champions, the New York Giants. My energies these days are volunteering my time with local high schools working with Olympic athletes, NCAA champs, World Series winners, All Stars, soccer moms and people rehabbing. Nothing inspires me more than hearing the stories of triumph from my students. People that have overcome adversity and have succeeded in spite of them; people who weather the storms and live to tell and to pass on their knowledge. People that believe that trying is an excuse for future failures, and believing in themselves to do and succeed.

For more info on Gwen, visit gwenlawrence.com

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4 While holding plank turn the right wrist around

5 180 degrees, then switch, (plank wrist turns).

6 Return the wrists to plank lower to bow pose.

7 Press back to downward...



8 ...facing dog, and float to straddle forward bend.

9 Fold into a headstand. Come down from your headstand, hold and roll onto your back. Repeat 1-10 times.

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MHA Westchester Mega Yoga Event

<http://whiteplains.patch.com/articles/photos-solstice-celebrated-with-mega-yoga-event-in-white-plains#video-10389493>



Power Yoga for Sports Products

Power Yoga for Baseball

Power Yoga for Football

Power Yoga for Golf

Power Yoga for Tennis

Power Yoga for Soccer

Power Yoga for Running

Power Yoga for Pitchers

Power Yoga for Basketball

Power Yoga for Hockey

Power Yoga for Lacrosse

Power Yoga for Swimmers

Power Yoga for Equestrians

Power Yoga for Skiers

You Tube Channel

GWEN LAWRENCE YOGA



Power Yoga for Sports APP



About This App

You can now view Gwen's PYFS video titles through this app:

- Football Edition, Strength & Stability
- Football Edition, Speed & Agility
- Golf Edition
- Baseball Edition
- Runners Edition
- Tennis Edition
- Soccer Edition
- Pitchers Edition
- Skiers Edition

New Premium Content Available
YOGA IS MY GYM

“The fact that Gwen knows the sports, she takes the time to get to know the different positions and different needs of the specific athlete she’s working with. And, I think that’s what sets Power Yoga for Sports apart...It’s just one of those things that I gotta incorporate into my life everyday.”

- Amani Toomer, NY Giants Wide Receiver



“We have been a client of Gwen Lawrence’s for twelve years and cannot give her a stronger recommendation. She has given us

a tremendous boost in taking care of our various aches and pains and sports injuries over the years.”

- Joy & Regis Philbin

“I have worked with Gwen for only a couple of months and I have recognized tremendous gains in my flexibility, core strength and balance which are essential to staying healthy and explosive. I consider myself lucky to have learned as much from Gwen as I have in such a short time. “

- Kevin Booth, Offensive Guard, New York

“Gwen has been the Yoga coach for

the New York Giants all of the years I’ve been in the franchise. Our players flock to her sessions to improve their flexibility, balance and breathing awareness.

She has had a tremendous impact on our performance enhancement.”

- Bill Sheridan, Assistant Coach, New York Giants

“The Yankees have utilized Gwen Lawrence’s services as an alternative way of proving the core stabilizations program of our players through her system of Power Yoga for Sports. I have found her to be extremely professional and look forward to working with her more. “

- Brian Cashman, Senior V.P. & general Manager, New York Yankees

"I had some unusual thoughts and preconceived notions about what yoga was really going to be and she kind of wiped those totally out...I really felt like it was going to be breathing and light stretching, but nothing could have been further than the truth.

- Shaun O'Hara, Offensive Lineman, New York Giants



"Gwen Lawrence has been a personal friend of mine for over ten year. She has developed a unique profession that combines the best from the world of Yoga and Massage Therapy. She combines conventional stretching strength and balance training with the teachings of mental discipline and breath awareness. All of which are so vital in the world of professional athletics."

- Frank Gifford, NFL Hall Of Famer

"Gwen is Great, she ALWAYS makes you feel like you can do it!"

-Hoda Kotb

"My mom tried to get me to practice yoga for a long time before she found Power Yoga for Baseball online. I was 14 the first time I did it and as a senior in highschool I was using the DVD a few times a week. Now, I use it at least three days a week as a professional. I believe it has helped me with my flexibility, obviously, but also with my focus and ability to calm my self down if I need to, and with my balance. Its a great addition to my strength training. I am so glad to have found these DVDs because I am not sure I would have been open minded enough to really give yoga a chance if I had to do my mom's videos or take regular yoga classes. Power Yoga for Baseball is the perfect way to introduce athletes to the benefits of yoga."

Dante Bichette Jr

NYY First pick, 51st overall, 2011 MLB Draft

"She conducts class with tremendous professionalism and makes it challenging to the athletes. She relates very well to out players and commands their respect. I believe that Gwen is an outstanding Yoga Coach who provides a valuable experience for those athletes who consistently participate in her class."

- Jerry Palmieri, Strength & Conditioning Coach, New York Giants

Gwen's Mission

"Good is the Enemy of Great"

"I transform lives from good to great, helping my clients reach their highest potential, using my 6 power yoga for sports philosophy's to Attain fitness, find Balance, Create goals, and Define personal happiness in work, school, family and life the way only an intuitive Yogi and seasoned MOM can"

Help people to increase awareness in and of the world. Help create a positive global impact

Ridding the negative to create the lives they always dreamed of.

Incorporating :

Balance, Strength, Flexibility, Breath, Visualization, Mental training.

To help achieve their health goals.

Use a Holistic approach to training the body and mind to achieve greatness.



Future Projects and Goals, for greatest global impact

- Complete Power Yoga for Sports DVD Library
- Develop Power Yoga DVD's for military personnel and families
- **Team up with a large program like Play 60, to teach kids how to stay healthy and fit and avoid obesity. Inform kids, empower kids giving them tools and knowledge to have their fitness and future in their own hands. This will curtail obesity BEFORE it happens, just like I teach my Pro's how to stay flexible, strong and symmetrical BEFORE they get injured, (being PROACTIVE IS EASIER THAN REACTIVE) Play 60 has a program with the NFL, get Eli Manning and Power Balance bracelets (or develop our own) to team up with me to do a DVD for kids and blast the message across America**
- Develop a program for mom's across America that they can easily understand and start messaging their kids to take pride in their bodies and the abilities they have when they stay healthy. Increase awareness fully ..by teaching breathing, visualization, balance strength, flexibility...creating multiple DVD or downloadable programs accessible to The effects of getting kids young are profound, in the areas of health care, can be renamed health maintenance! Get Michele Obama on board with this type of programming; get her involved endorsing the fitness program and getting the funding to put it in all elementary schools
- Inspire Men to take on this type of health care with the help of the NFL MLB MLS NBA,
- My own show...my show idea would also feature inspirational stories of HS kid to pro athletes division one athlete to someone suffering from an ailment or injury. Their journey of recovery or to greatness and designing new programs for them where I see a hole in their "recipe" provide the missing piece, show the audience only 15 minutes of the workout on the show and have the rest of the workout downloadable to subscribers bringing them back to the interactive website where they can create their own program based on their specific needs, blog, Q and A, subscriber contributed stories and articles
- Infomercial...power yoga for sports infomercial 12 sport specific DVD library with kick ass "gimmick" to take yoga training to the next level, corresponding training manuals
- Infomercial 5-7 DVD library focusing on different body parts, parts commonly complained about
- large sponsorship like Nissan sponsors a yoga teacher and ran a whole campaign around it... Mini cooper, cvs, post it Verizon blackberry (stay present with a blackberry/yoga) Olay (stay young with yoga, altoids (keep your mind open and your breath fresh)
- I am the trusted recognizable face for people to get info and advice on keeping healthy and strong



Contact Gwen

www.gwenlawrence.com

gwen@gwenlawrence.com

Twitter: @GwenLawrence

Facebook: Gwen Lawrence Yoga

You Tube: Gwen Lawrence Yoga

Instagram @GwenLawrence

“I transform peoples lives from good to great, helping them reach their highest potential, using my 6 Power Yoga for Sports techniques to: attain fitness, find balance, create goals, and define personal happiness. The way only an intuitive Yogi and Seasoned MOM can”

MANIFESTO

Don't look for the exit door
Find comfort in an uncomfortable situation
Pain Is temporary
Everything you are is a result of everything you think
Breathe
Check your ego at the door
Don't go to Florida when you only need to go to New Jersey
Talk it out, out loud
Ask Why!!
There is no can't, should or try
I am temporarily unable to comply
You'll achieve it in two weeks
Strength + flexibility = Power
Be inspired and humbled everyday
Trying is an excuse for future failure
Fearlessness
Change your habit and you automatically become conscious
Visualize change
Look feel and realize
Be positive
NOW!
The greatest form of suffering is in attachment
Be less reactive
Good is the enemy of Great!