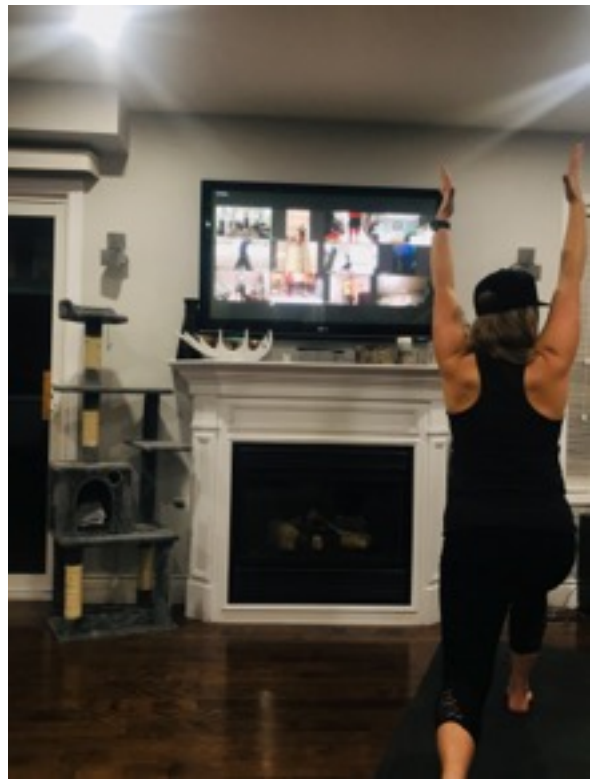


WHAT IS JOGA?

JOGA is a neuromuscular movement system that combines the benefits of Yoga with the biomechanics of sport. Created specifically for an athlete's body and mindset. JOGA enhances athletic performance, improves concentration, decreases recovery time and ultimately transforms an athletes game.



Who is doing JOGA?

Pro Athletes in the NHL, NBA, MLB, NFL, CFL, MLS & Olympic Athletes

Amateur sport teams

JOIN THE HEARTLAND DRAGONS FOR A FREE VIRTUAL JOGA SESSION



Register today to reserve your spot and get moving with your teammates



Session led by Certified JOGA Instructor Kyla Scoville

Kyla is the Director of the Junior Dragons Program and is also a Heartland Coach

