

“Wellness with Dr. Will: *Nutrition for the Athlete*”

Presented by:

Dr. Will Lane, M.D.



With an Introduction to Yoga for Athletes

by Kelley Gardner and Mary Kennedy (The Bindu Yoga and Wellness)



Dr. Lane is a board certified Family Physician who practices Integrative Medicine at Touchstone Health Associates in Cornelius, NC. He is currently enrolled in the country's only fellowship in Integrative Medicine initially developed by Dr. Andrew Weil through the University of Arizona. His practice emphasizes healing oriented medicine that addresses each person's body, mind, and spirit. Dr. Lane is especially interested in promoting wellness for all ages, cardiovascular risk reduction and helping athletes young and old improve their sports performance and enjoyment. He graduated magna cum laude from Harvard University in Biochemical Sciences and then graduated from Duke Medical School in the AOA honor society where he was voted "Ideal Physician" by his classmates.

Nutrition, The Mind-Body Connection & Intro to Yoga for Athletes

- Food Combinations to enhance sports recovery and performance
- How to counteract Oxidative Stress through whole food nutrition
- Mind-Body Connection: how it can improve nutrition/sports performance
- Demonstration of relaxation and visualization techniques

Enjoy Complimentary Green Tea, Fruit and GMAX Athletic Nutritional Bars

Saturday, February 6, 2010

4 pm lecture/5:15 pm introductory yoga for athletes (*wear comfortable clothes*)

Register Early to reserve your space for Yoga!

(Max of 16 participants in ages 10-14 class; Max of 30 participants in ages 14 and up class)

Location: The Bindu, 11138-C Treynorth Drive, Cornelius, NC 28031

Registration: call (704) 237-3635 or email: info@thebindu.com

*Cost: \$15 individual; \$20 athlete/parent and \$5 per each additional family member
(payment by cash, credit card or check at time of lecture)*

Full refunds are available less a 20% administrative fee within 72 hours of lecture. No refunds thereafter.

