

Yoga for Athletes

Balance your body. Unwind tight, overworked muscles. Prevent injuries.
Cross-train with yoga to reach your fitness goals.



Stay stronger longer.

Most flexibility programs work only with the musculature, but yoga goes deeper by creating space in the connective tissues. With consistent practice, connective tissue becomes more flexible and adaptable. This helps prevent injuries and improves muscle reaction time through faster neural response, both of which are crucial to your athletic performance.

Our yoga teachers have trained extensively in anatomy and therapeutics to offer you sports-specific, individualized instruction. We are committed to an intelligent, results-oriented practice for your peak performance improvement.

Contact us for information on recommended classes and private sessions for you or your team: info@onetreeyoga.com

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