



YogaForce
ALIGNING MIND+BODY



Every golfer understands the importance of perfect alignment.

Whether on the links or in life, the majority of people are out of alignment. The YogaForce A-Line Mat is your personal trainer for proper body alignment. Improve your focus, flexibility, and mobility with YogaForce.

YogaForce has been featured in *HEALTH* magazine, *TIME* magazine, *The Wall Street Journal*, *The Yoga Journal*, and *The New York Times*.

Annie Appleby, founder of YogaForce and creator of the A-Line Mat, is a well-known teacher of yoga and Pilates in the Bay Area. See more at YogaForce.com or call **323.309.8808** to GET IN LINE.



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