



Spirit of Golf

Option 1: Seminar - Sample Agenda

2 - Hour Introductory Seminar

6:30 p.m. - 7:00 p.m. - Registration and welcome

7:00 p.m. - 9:00 p.m. - Evening session (indoor classroom style) to discuss:

Thoughts, Emotions and Beliefs

The Body as an Energy System

Tapping Into the Zone

Practices, Skills and Techniques

9:00 p.m. - Wrap up

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- A meeting room is required. The necessary equipment is: projector, screen and high-quality powered computer speakers (very important). A backup laptop with PowerPoint installed is optional.
 - The host facility covers the costs of the meeting room and any refreshments or snacks.
 - The typical charge per student is \$25 - \$35.
 - Class size is unlimited.
 - Seminars are designed as an informational program to introduce golfers to the leading mind/body concepts shared through Spirit of Golf. (Workshops and clinics are more hands on and teach our practices, skills and techniques.) Time is made available following the program for answering group or individual questions.



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Option 2: Half-Day Outdoor Clinic

Morning or Afternoon Outdoor Clinic

11:30 - Arrival and warm up on the practice range/putting green

12:00 - 1:00 Welcome and Spirit of Golf philosophy

1:00 - 2:00 Pre- and post-shot skill development

2:00 - 2:30 Break and time for questions and answers

2:30 - 3:30 Practices, skills and techniques

3:30 - 4:00 Wrap up

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- Our half-day clinics range from 4 - 4 1/2 hours and are conducted either in the morning, afternoon or early evening.
 - The typical charge per student is \$100.
 - Class size is generally limited to 30 - 35 students.
 - Clinics (as opposed to indoor seminars and workshops) take place outside on the practice areas.
 - Participants are often split into two or three groups with groups rotating between the full swing, putting and chipping and pitching areas. If the range is in close proximity to the putting/chipping areas, all the better.
 - Folding chairs are optional and preferred but not required. Other than range balls, there are no other set-up requirements.
 - Few range balls are required - we work lot more on focus and pre- and post-shot drills than on the hitting of balls.
 - We generally do not move a clinic onto the golf course for play unless class size is very small. Skills are intentionally developed in a practice range environment.



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Option 3: Full-Day Indoor Workshop

Full - Day Workshop (Indoors)

8:30 - 9:00 - Arrival and registration

9:00 - 12:00 - Morning informational session

Thoughts, Emotions and Beliefs

The Body as an Energy System

Tapping Into the Zone

12:00 - 1:00 Working lunch (video and audio clips)

1:00 - 3:45 Afternoon session

Practices, Skills and Techniques

3:45 - 4:00 Wrap up

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- Workshops are purposely conducted indoors and are normally held during winter months for golfers who want to learn Spirit of Golf visualization and imagination techniques which they can later assimilate on the course and in practice and play.
 - A full-day meeting room is required. The necessary equipment is: projector, screen and high-quality powered (very important) computer speakers. A back-up laptop computer with PowerPoint installed is optional.
 - The host facility covers the costs of the meeting room, refreshments, lunch and snacks.
 - The typical charge per student is \$150.
 - Class size is unlimited.



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Option 4: Full-Day Workshop/Clinic

Full-Day Indoor/Outdoor Workshop/Clinic

8:00 - 8:30 - Arrival and registration

8:30 - 11:30 - Morning session (indoor classroom style) to discuss:

Thoughts, Emotions and Beliefs

The Body as an Energy System

Tapping Into the Zone

Practices, Skills and Techniques

11:30 - 12:00 Lunch

12:00 - 1:30 - Pre- and post-shot skill development

1:30 - 2:30 - Break and discussion time

2:30 - 3:45 - Practices, skills and techniques

3:45 - 4:00 - Wrap up

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- A morning meeting room is required. The necessary equipment is: projector, screen, internet, and high-quality powered (very important) computer speakers. A backup laptop with PowerPoint installed is optional.
 - The typical charge per student is \$150.
 - Class size is generally limited to 30 - 35 students.
 - Mornings are utilized for theory development; during the afternoon we move outdoors to the practice areas to assimilate practices, skills and techniques.
 - Folding chairs for outdoors are preferred but not required. Other than range balls, there are no other outdoor set-up requirements.
 - Not many range balls are hit - more time is allowed for visualization, focus and pre- and post-shot drills than the hitting of balls.



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Option 5: Full-Day Workshop/Clinic with Golf

Full-Day Golf Clinic

8:00 - 8:30 - Arrival and registration

8:30 - 11:30 - Morning session (indoor classroom style) to discuss:

Thoughts, Emotions and Beliefs

The Body as an Energy System

Tapping Into the Zone

Practices, Skills and Techniques

11:30 - 12:00 Lunch

12:00 - 1:30 - Pre- and post-shot skill development,
incorporation of practices, skills and techniques

1:30 - 5:30 - On-course practice and play

5:30 - Wrap up

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- A morning meeting room is required. The necessary equipment is: projector, screen, internet, and high-quality powered (very important) computer speakers. A backup laptop with PowerPoint installed is optional.
 - The host facility covers the costs of golf (greens fees and practice range), meeting room, refreshments, lunch and snacks.
 - The typical charge per student is \$225.
 - Class size is limited to 25 students.
 - Mornings are utilized for theory development; during the afternoon we move outdoors for skill development, practice, and play
 - Other than range balls in the practice areas, there are no other outdoor set-up requirements.



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Option 6: Intensive Weekend Workshop/Clinic

Weekend Sample Agenda

Friday

1:00 - Arrival and registration

2:00 - Welcome and afternoon session

Thoughts, Emotions and Beliefs

The Body as an Energy System

5:00 - Personal time

6:00 - Dinner

7:00 - Questions and daily wrap up

Saturday

7:00 - *Breathing and Focusing Techniques*

8:00 - Breakfast and morning questions and answers

9:00 Morning session

Tapping Into the Field of Infinite Possibilities

Practices, Skills and Techniques

11:30 - Personal time

12:00 - Lunch

1:00 - Golf course skill development: Practice and play

5:30 - Personal time

6:30 - Dinner

7:30 - Questions and daily wrap up



Spirit of Golf

Option 6: Intensive Weekend Workshop/Clinic

Agenda (continued)

Sunday

7:00 - *Breathing and Focusing Techniques*

8:00 - Breakfast and morning questions and answers

9:00 Morning session

Practices, Skills and Techniques (continued)

10:30 - Personal time

11:30 - Box lunch and golf course skill development: practice and play

4:30—5:00 - Questions, wrap up and good-byes

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- A meeting room is required for all three days. The necessary equipment is: projector, screen, internet, and high-quality powered (very important) computer speakers. A backup laptop with PowerPoint installed is optional.
 - Spirit of Golf covers all expenses - meeting room, meals (Friday evening through Sunday noon), snacks, non-alcoholic beverages, golf
 - The typical charge per student is \$1,200—\$1,500 depending on the time of the year.
 - Class size is limited to 15 students.
 - Weekend intensives are designed for coaches and instructors who want to be able to teach and share the skills offered through Spirit of Golf. High level players who are interested in their own skill development are also encouraged to attend.