

“ I loved the atmosphere and the people. ”
It also taught me a lot about
both soccer and yoga.

—Claire, student

SOCCER ON THE MAT™

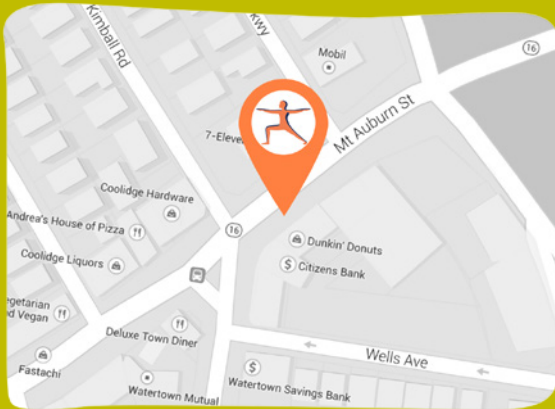
Empowering girls (ages 10-14)
while improving soccer technique and
increasing mobility and flexibility.

Contact info@artemisyoga.com to learn more.

ARTEMIS YOGA

Located in East End Watertown in Coolidge Square.
Close to Belmont and West Cambridge.

Metered parking available on Mt. Auburn Street
and in the municipal lot on Wells Avenue.



Welcome. Learn. Practice.
www.artemisyoga.com

639 Mt. Auburn Street, Watertown, MA
617-393-3590

FUN • ENERGETIC • RELAXING • HELPFUL
CALMING • ENGAGING

SOCCER ON THE MAT™

Soccer and Yoga Program for Girls (10-14)

Created by Boston College Women's
Head Soccer Coach, Alison Foley

“ I learned a lot of new footwork ”
and I feel stronger.

—Jenna



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“ The 2 passions in my life are soccer and yoga. The Soccer on the Mat™ program at Artemis Yoga in Watertown is a wonderful opportunity to empower girls, **improve their soccer fitness & technique and decrease soccer specific injuries.** As the head women's soccer coach at Boston College, I have coached many national team level players and currently my players also enjoy “Soccer on the Mat” as part of their training regimen. **Our success has led us to the NCAA Final Four, final 8 during 13 consecutive NCAA play-off appearances. The mobility, flexibility, mindfulness and confidence from yoga has helped fuel this success.** In coaching the Lady Eagles Soccer camps, I saw a need to bring this type of yoga program at an earlier age to the female soccer athlete. I designed the Soccer on the Mat curriculum to be relevant and accessible to the adolescent girl no matter their soccer or yoga experience. ”

—Alison Foley

Founder, Soccer on the Mat™
Head Coach, Women's Soccer, Boston College





Exclusively offered at Artemis Yoga
in Watertown

Soccer on the Mat™ is an innovative soccer and yoga program developed by Boston College Women's Soccer Head Coach, Alison Foley. Coach Foley's curriculum focuses on building and celebrating the physical and emotional growth of adolescent girls through a variety of drills, poses and conversation. Each Soccer on the Mat™ class is designed to:

- Improve soccer fitness and footwork technique while decreasing soccer-specific injuries
- Build and celebrate physical and emotional growth with drills, poses and conversation
- Strengthen both the body and mind of the soccer athlete
- Grow confidence and body awareness through teamwork and mindfulness focused activities

Are you a soccer coach? Looking for a new way to train players in the off-season?

Soccer on the Mat™ classes are a fun and challenging way to build strength, improve footwork skills and grow team camaraderie. Ideal for the off-season and indoor months, Soccer on the Mat classes can also complement your regular season practices. Give us a call and we'll design a class for your team.

SOCCER ON THE MAT™
Soccer. Yoga. Body. Mind.



Strengthening body and mind



Increasing balance, agility and focus



Motivational sessions with top college athletes



Fun footwork drills and confidence building poses

SOCCER ON THE MAT™

2016-2017 Schedule

- Eight-week series starts in Nov 2016 and Jan 2017
- Classes on Wednesday and Thursday afternoons
- Student may sign up for 1 or 2 classes a week

DATES

Session 1 - November 2016 to January 2017*

Wednesday – Nov 9th to Jan 11th
Thursday – Nov 10th to Jan 12th
Class Time: 4:00pm to 5:30pm

Session 2 - January 2017 to March 2017*

Wednesday – Jan 18th to March 15th
Thursday – Jan 19th to March 16th
Class Time: 4:00pm to 5:30pm

*no class during public school vacation weeks

EARLY BIRD OFFER!

**Save 20%
off standard price***

Just register online
or contact the studio before
Oct 1st for Session 1
or Dec 1st for Session 2

*Standard Price: \$200 for 1x week, \$380 for 2x week.
20% Off price: \$160 for 1x week, \$300 for 2x week.