



## You Can Cure the Yips

The yips are comprised of two issues. The first is a flight or fight response – a feeling of just wanting to hit the ball and get it over with and get out of there.

The second is that the yips are usually a result of something being triggered that reminds you of a past social situation when you were very embarrassed or humiliated (usually from childhood or adolescence). Your conscious mind wouldn't necessarily remember the core event or connect the two, but your body does and develops the yips.

Then of course you have more embarrassing and humiliating situations as a golfer with the yips and it just compounds the original onset.

I get to that core event and neutralize it physiologically, and then we neutralize past golf traumas with the yips, and finally address the fight or flight habit your body has developed.

This is done through a series of taps on acupuncture points on your face and hands with your own fingers (no needles involved and you do the tapping on yourself). I work with golfers in person or via telephone to cure the yips.

Stacey Vornbrock, M.S., Sports Performance Pioneer, helps elite and amateur athletes turn blocks into breakthroughs. She has worked with athletes in golf, baseball, football, track and field, tennis, Australian Rules football, and a variety of other sports.

She helps athletes achieve breakthrough performance by increasing range of motion by at least 20%; completing the healing of old injuries; speeding up the healing of recent injuries; clearing past performance trauma; eliminating sports related anxiety; and accomplishing mechanical changes in weeks vs. months.

Stacey is an innovator in the sports performance field. Most notably, she has pioneered the application of Emotional Freedom Technique with range of motion and sports-related mechanical issues.

To schedule a Free Consultation with Stacey, please call her at 480-945-9750 or email her at [stacey@breakthroughperformance.net](mailto:stacey@breakthroughperformance.net).

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