



Serious athletes, and we mean serious, i.e. professional athletes are beginning to see the benefits of yoga thanks in part to Kent Katich and his partnership with [Go Fit's Yogaletics line](#). From the yoga products, in manlier shades of gray and black, to the instruction which is definitely more gym-oriented and not so "dreamy", Yogaletics is designed to make yoga more of an athletic endeavor. The line includes a yoga mat, strap, and block, as well as three different DVDs, depending on the amount of time you have to spend and your desired results. Kent Katich, named the "Yoga Guru of the NBA", has coached some of the best athletes in the world utilizing Yogaletics to help decrease injuries. Katich is the owner of The Yoga Court in Los Angeles.