



LESS is
MORE

GOLF METHOD



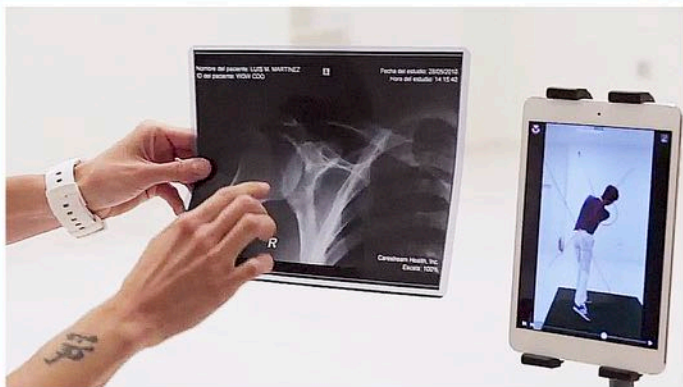
HEALTHY GOLF - GOLF SALUDABLE

Marbella
Spain

The Less is More Golf Method®, is an innovative method of teaching golf which is 100% healthy and effective and is based on two main principles: **the technological development** of the golf club itself in recent years and the **health** of the golfer throughout the action of swinging the club. A student will get maximum use from their golf clubs, with making a minimal amount of effort, avoiding unnecessary injury and strain.

Less Is More Golf Method®, Es una innovadora metodología de enseñanza del golf 100% saludable y eficaz, que se basa en dos pilares fundamentales: **la evolución tecnológica** que los palos han sufrido en los últimos años y la **salud** del jugador en cada momento del swing. El alumno aprenderá a aprovechar al 100% el potencial de sus palos, sin hacer el mínimo esfuerzo, evitando lesiones y dolores innecesarios.

“The technological development and the Health”



“La evolución tecnológica y la Salud”

The difference between a professional and an amateur player is seen in the different types of clubs they use, and the physical condition of the players themselves is also very different. It's quite clear that in using lighter and more flexible clubs, the swing of an amateur will be very different from that of a professional player.

La diferencia entre el golf profesional y el golf amateur, se refleja en que los tipos de palos utilizados, y la condición física de los jugadores, son muy distintas. Es un concepto obvio y claro, que usando palos más ligeros y flexibles, el swing amateur tiene que ser diferente al de un profesional.

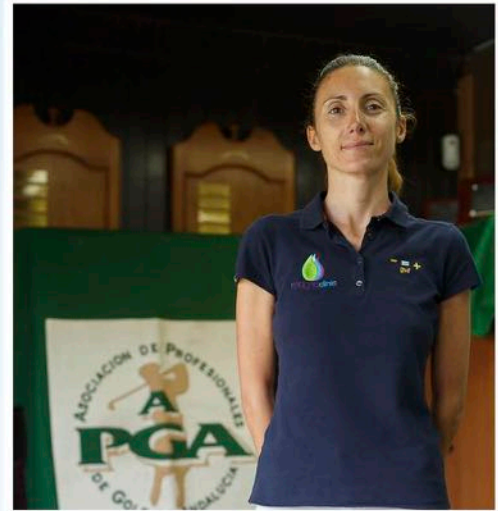
“The difference is seen in the types of clubs and the physical condition”

“La diferencia se refleja en los palos y la condición física”

The Less is More Golf Method®, is the brainchild of Luis Martinez, Golf Coach and Professional Golfer and Chiara Cantone, Sports Physiotherapist and Golf Coach.

Less is More Golf Method® nació de la unión entre la experiencia y profesionalidad de Luis Martínez, maestro y jugador profesional de golf y Chiara Cantone, fisioterapeuta deportiva y maestra de golf.

“The key is the team work”



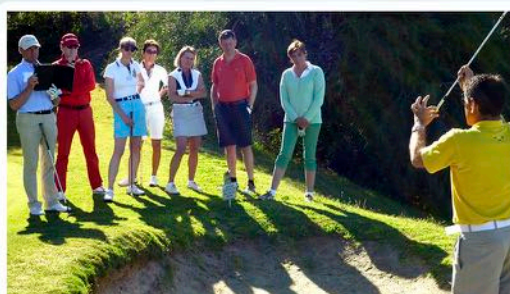
“La clave es el trabajo en equipo”

The Less is More Golf Method®, offers the amateur player a simple and concise tool in order to be able to enjoy the sport to maximum benefit whilst making use of our motor skills and respecting the natural physiology of our bodies and not straining ourselves with dangerous and harmful stance and posture.

Less is More Golf Method®, ofrece al jugador amateur una herramienta clara y sencilla para disfrutar plenamente de este deporte, aprovechando nuestras habilidades motoras y respetando la fisiología natural del cuerpo, sin forzarlo con posturas incómodas y lesivas.

“Ofrecemos una herramienta para disfrutar...”

“We offer a tool in order to be able to enjoy...”



We offer one to one classes, pairs and group classes as well as golf clinics in both our headquarters in Marbella and abroad.

Ofrecemos tanto clases individuales como en pareja/grupos, además de la posibilidad de organizar golf clinics tanto en nuestra sede en Marbella como en el extranjero.

PARTNERS:

A.P.G.A. (Andalusian Professional Golf Association)

www.physiogolfmarbella.com

Clínica del Golf, Magna Clinic, Marbella

I.A.G.T.O. (International Association Golf Tour Operator)



PhysioGolfMarbella



CONTACT:



Luis Martínez +34 607 184 692



Chiara Cantone +34 691 011 240



info@lessismoregolf.com

ASSOCIATED LINKS:



www.physiogolfmarbella.com/en/less-is-more



www.magnamarbellaclinic.com/en/specialities/golf-clinic

FOLLOW US:



[/LESSISMOREGOLF](https://www.facebook.com/LESSISMOREGOLF)



[LESS IS MORE GOLF](https://www.youtube.com/LESSISMOREGOLF)

FACIL, healthy, GOLF, swing, MARBELLA, technology, AMATEUR, experiencia, PHYSIOTHERAPY, palos ligeros y flexibles, EASY, condición física, ENJOY, mínimo esfuerzo, CLUBS, saludable, EFFECTIVE
