

## CASE STUDY - BASKETBALL PLAYER

Otis, 12 years old  
Australia

### 1. How Did Elvira From Mental Yoga Help You Improve Your Basketball Game?

She made me feel better in my mind which made me feel better playing.

### 2. What Is The Difference In Your Confidence And Mental Abilities Now, After Our Work Together?

I feel confident shooting, passing and doing anything on the court.

### 3. How, In Your Opinion, Can A Basketball Player Can Benefit From Mind Work With Elvira To Improve Performance And Achieve Goals?

It helps you feel good in the mind and you don't feel nervous.

### 4. Please Tell Us Anything Else You Think We Should Know.

Elvira is good at getting you in the right mentality.



**P.S. 1 July 2023 - Congratulations Otis on scoring 14 points in your game today! You are a champion and we are all proud of you!**



Contact:

#### **Elvira Byrnes**

Mental Yoga Pty Ltd

[www.mentalyoga.co](http://www.mentalyoga.co)

WhatsApp: +61 412 166 166 | India : 8279 416 350

[elvira.byrnes@yahoo.com.au](mailto:elvira.byrnes@yahoo.com.au)