

**Cantigny Golf Academy Offers Golf Mastery Workshop Series**

**WHEATON, IL, January 13, 2011** — The Cantigny Golf Academy announces an affordable Tuesday evening workshop series designed to help golfers play better and get more enjoyment from the game.

The 90-minute workshops are conducted twice every month by Dr. Paul Callaway, Cantigny Golf Academy's director of golf fitness, with assistance from other professionals at the Academy. Instruction is presented in an interactive format appropriate for golfers of all ages and skill levels.

"Each session focuses on a key element of successful golf performance," said Callaway. "At the Academy we emphasize an integrated approach to learning the game. It's not just about professional swing instruction. We also cover practice techniques, choosing the right equipment, golf-specific physical training and the mental side of the game. All of these things fit together."

The cost per workshop is \$10 for individuals or \$15 for couples. Junior players under age 18 are free with a paying adult.

Upcoming Golf Mastery workshops include:

- **Total Golf Conditioning for Maximum Power and Distance**  
Tuesday, January 25, 7 pm
- **The Pro's Secrets to a Stress-Free Swing**  
Tuesday, February 8, 7 pm
- **The "Mind-Body-Swing" Connection**  
Tuesday, February 22, 7 pm
- **Key Elements for Improved Scoring**  
Tuesday, March 8, 7 pm
- **How Your Golf Body Controls Your Golf Swing**  
Tuesday, March 22, 7 pm

Dates and topics for workshops in April and through the rest of 2011 are online at [CantignyGolf.com](http://CantignyGolf.com).

Space is limited. To sign up for one or more workshops, or for more information, golfers should call the Cantigny Golf Academy at 630 260 8199.

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**Cantigny Golf**, part of the McCormick Foundation, opened for play in 1989. That year, *Golf Digest* magazine named it the "Best New Public Course in America." Cantigny has hosted the Illinois State Amateur three times and also the 2007 U.S. Amateur Public Links Championship. The 300-acre Cantigny Golf complex includes 27 scenic holes, the

year-round Cantigny Golf Academy, the 9-hole Cantigny Youth Links and a full-service clubhouse with dining and banquet facilities. For more information, please visit [CantignyGolf.com](http://CantignyGolf.com).

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