

Houston Texans Media Conference

Tuesday, June 14, 2022

Houston, Texas, USA

Pharaoh Brown

Press Conference



Q. What do you feel like you can accomplish in year two?

PHARAOH BROWN: I feel like I can accomplish a lot this year. Really just taking it day by day, one-day focus for me. I'm comfortable, been meeting with the quarterbacks all year, so getting on the same page with them is really big, knowing where they want me to be, where I want to be, and the game has just slowed down and understanding all the fine details that's going to help me be an all pro this year.

Q. What was the off-season like?

PHARAOH BROWN: My off-season was pretty good. Really just working on freeing my mind, just doing a bunch of meditation, did a couple retreats, just clearing my mind, getting that focus. I think that's pretty big for me. This game is pretty easy. It's just consistency and just me versus me on a daily basis. That's why this off-season has been great. Just been one day at a time.

Q. Is the hot yoga beneficial?

PHARAOH BROWN: The hot yoga is great. I love hot yoga. I think everybody should do hot yoga.

Q. Did you get the sense they'll utilize and the whole tight end (indiscernible)?

PHARAOH BROWN: History shows that this has been a very tight end friendly offense, everywhere Pep has been, Stanford, Colts, at Michigan. I don't think the trend will change. It's a great opportunity for me and Brevin, and like I said, I tell him, as well, and just helping the young guys. It's really just day by day. Day by day, and that's it.

Q. Do you notice a difference in (indiscernible) preparedness, mentality of how he approaches things versus last year?

PHARAOH BROWN: He also has another year under his belt so he's starting to understand the game and be a pro.

Like I said, it's a mentorship for all of us. I help him, he helps me, and we just learn together. I think that's going to be the difference.

Q. What is some of the other extra work that you do to get your body work, recovery and training?

PHARAOH BROWN: I kind of do it all. Like I said, I'm a big meditation guy, yoga, going down to Mexico, doing temazcal, just energy work. I'm really big into all of that, cold tub. Been getting a lot of work in with my personal trainer, Justin Allen, just on field. I'm moving like a receiver out there right now, just way quicker, way smoother, way more body control.

That's really been a big thing, and I've been seeing a difference day by day, even down to working with light hairs (phonetic) on a daily basis, just changing my whole body, way slimmer. When I come back I'll be looking like a rock. I've finally got my dad bod going, got some abs now, so I'm going to be like Dave and Joker with my shirt off pregame.

Q. How does it feel to have that familiarity coming into mini camp, going to training camp, how is that for you as far as being able to do what you need to do?

PHARAOH BROWN: It's big. I'm going into my fifth, sixth year, and every year I had a new coach, new quarterback. I don't take it for granted just being able to have the same guy, knowing that guy, knowing the coaches to be able to bond with, knowing what we want, and just being able to get a whole year in, a full off-season in with these guys and being around them, I think is going to be huge because in the past years with COVID and different changes, we didn't have that. I think just having that full year is going to be amazing.

DraftScripts by ASAP Sports