



Find your flow,

Find your freedom

in Body, Mind, and Spirit

Join us for AshwaYoga

Yoga for Riders

Weekly Yoga Class at Yoga House at Civano

(Houghton and Irvington) www.yogahouseatcivano.com

Mondays, 1-2 pm

Who will benefit

Equestrians (and their horse friends)

Anyone desiring a peaceful, yet moderately vigorous flow inspired by the spirit of Horse

Teacher: Jenny Kendall, MS, RYT 500

Horsewoman, Yoga Teacher, Yoga for Healing Practitioner

Also providing: Yoga with Your Horse, private and small group sessions.

Questions? Contact Jenny@deserthorseyoga.com or phone 290-3445. See Yoga House at www.yogahouseatcivano.com or www.deserthorseyoga.com.