



BEAT-THE-HEAT



Some Summer Sunday Mornings...

Yoga-On-Your-Horse

at River Valley Ranch

It's **Tucson in Summer** and the perfect time to learn some **Cool Yoga** that will help you and your horse all year round.

Pre-Ride Yoga



- open and stabilize joints
- warm up the muscles
- focus the mind
- strengthen your mind/breath/body connection

Sundays

June 7

June 21

July 12

8:00-8:45 am

18\$ per class
45\$ for all three

Breathing

- diaphragmatic, abdominal, and deep core breathing
- breath control to improve stamina
- exhaling to calm



Post-Ride Yoga

- stretch the back and hamstrings
- release held energy
- calm and cool nervous systems

Questions?

Contact

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