

Sunday, February 27
1-4:30 p.m.



River Valley Ranch
9801 E. Millmar Rd.



Yoga With Horses:
Explore Your Deep Core

Are you curious about what yoga with a horse might be like? Do you like horses, but feel a little unsure about getting close to them? This is the clinic for you!

Come find out how working in the presence of, in contact with and even on a horse can deepen your yoga practice, bringing you new insight into the strength and flexibility that live at your very core.

How can letting go give you a sense of stability and strength?

How might sitting on a horse's back help you feel more grounded?

Have these people completely taken leave of their senses ...

or have they learned to access them through their cores? Come find out!

Presented by:

Stacey Kollman
Desert Horse Equestrian Services
www.deserthorseinc.com (520) 762-9124



Jenny Kendall
Desert Horse Yoga
www.deserthorseyoga.com (520) 271-6701

Check-in will be at 12:45 a.m., and program will start promptly at 1 p.m. Water & snacks provided. No previous horse experience is necessary. Riding exercise is optional and will be on a lead-line only.

Please wear closed-toed shoes and clothing that allows you to move comfortably

Please detach here and mail this form with your payment.

Yoga With Horses: Explore Your Deep Core Registration

Registration fee \$55 per person paid by 2/21/11. Pre-registration is required.

Registration is non-refundable except in the following situations: If the clinic is cancelled for weather or it does not fill, your registration fee paid in cash or by check will be refunded in full. Refund minus office fee may be offered in certain emergency situations with prior approval only.

Name _____

Phone Number _____

Address _____

Email Address _____

Check Enclosed

Mail payment to Stacey Kollman, Desert Horse Equestrian Services, 141 W. George Truit St., Vail, AZ 85641