

Horse-Assisted Yoga for Personal Transformation

Introductory Session

Sunday, March 21
1-3 p.m.

River Valley Ranch
9801 E. Millmar Road

Join a group of open-minded individuals to explore the subtle balance of mind, body and spirit in our lives and our work.

With a horse as both a non-verbal participant and a non-judgemental mirror, explore how subtle energetic connections, intuition and the power of intention can help deepen your personal connections, renew your energy and enthusiasm, and uncover clarity.



Working with horses provides a safe space for you to explore and communicate your joys and sorrows, your challenges, and your most heartfelt wishes

Check-in will be at 12:45 p.m., and program will start promptly at 1 p.m.

No previous horse experience or yoga experience is necessary.

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

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

Please detach here and mail this form with your payment.

2/10

Horse-Assisted Yoga For Personal Transformation Registration

Registration fee \$35 per person paid by 3/12/10. Pre-registration is required.

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