



YOGA on the Mats & YOGA on Horseback

By Jennifer Leavy

ERYT 500, CYT 750

By Janet McCune

Dressage, Stadium, XC , USEA "r" judge

SEPTEMBER 28, 2013

at Trouble Creek Farm, Brooksville, Florida

Learn to better connect with your horse by improving your personal alignment, balance and peace of mind.

The workshop will include a detailed introduction of physical postures that aid in the improvement of balance, flexibility and body awareness.

We will also explore breathing and meditation techniques accompanied with the basis of yoga as a tool to enhance your connection and performance when riding. Everything you learn will then be applied in your riding lesson the remainder of the retreat.

Yoga on the Mats:

9:00 – 12:00

Yoga on Horseback

1:00 – 4:00

Fee: \$125.00

Lunch included

CEU's available for yoga teachers registered with Yoga Alliance.

For further information on Jennifer & Yoga, go to www.posebyposeyoga.com

For further information on clinic, contact Janet McCune: 352-799-9605

or email Jennifer Leavy at info@posebyposeyoga.com

For further details, check www.fanninhillfarm.com

Clinics & Camps page