



YOGA AND HORSES

TO FACILITATE
AWARENESS AND
BALANCE

WHO CAN BENEFIT:

Anyone! No riding experience is necessary.

WHERE:

Equine Spirit Sanctuary
13 Los Caballos Road
Ranchos de Taos, NM 87557

DAY/TIME:

Mornings, by appointment. 1 ½
hour sessions.

FEE: \$100

REGISTRATION:

info@equinespiritsanctuary.org
(575) 758-1212 or (314) 614-3187

INCREASE BODY AWARENESS, ATTENTION, AND SELF-OBSERVATION

Private, personalized lessons to benefit all aspects of life. Classes emphasize:

- Breathing
- Neck, Spine, and Joint mobilization
- Balance
- Functional Movement
- Core Strength and Stability
- Flexibility
- Sense Awareness & Self-Screening

A solid foundation of ground work is followed by a practice mounted on horseback to integrate the exercises and conscious breath-work in a way that is sensitive to the horse as well as the rider. The combination of yoga and horsemanship develops awareness, relaxation, alignment, suppleness, rhythm, and coordination both on and off the horse. Class size limited to two students and are led by Lucy Holmes, Certified Yoga Therapist and Ruth Bourgeois, riding instructor/owner at Equine Spirit Sanctuary.

For more information: Lucy (314) 614-3187 • Ruth/ESS (575) 758-1212

<https://www.sevendirectionsyogallc.com/> <https://www.equinespiritsanctuary.org/>