

NEW: Yoga & Fitness Equestrian Workshop March 14, 2010



featuring:

'Gallopingyoga.com' owner and yoga teacher **Louise Sattler**
& Rider Fitness specialist, **Heather Sansom**
of Equifitt.com

"When horses and humans come together, there exists great potential for growth on many levels. This is the gift that horses offer people without asking for anything in return. Horses serve as mirrors of the energy that we exude, reminding us to be present in every moment."

Louise Sattler

Workshop Description: Unmounted, 3hrs (2-5pm)

Ride better by using your mind and body more effectively. Achieve the balance in yourself, and harmony with your horse you need to reach your riding potential. Get the self-carriage you expect of your horse. Be the leader he needs you to be.

This unmounted equestrian-focused workshop will be divided into two 1.5hr segments. Part 1: Participants will learn principles of rider fitness and have an opportunity to participate in an exercise workshop, hands-on. Part 2: Participants will be introduced to yoga principles for riding, and practice yoga exercises.

While this is a hands-on workshop, we encourage attendance by all interested. The workshop is suitable for all disciplines, ages, and riding and fitness ability.

A concluding part of the workshop will give participants an opportunity to ask questions, and to integrate the concepts discussed and shown.

Date: Sunday, March 14 2010, 3-5pm
Location: Greco Lean & Fit, 34 Beech St., Ottawa
Fee: only \$45/participant

Space is limited so reserve your spot early!

For more information, to register or find out about our mounted clinic offering, contact:

(613) 258-4866

www.equifitt.com

(613) 889-2386

www.gallopingyoga.com



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