



## Yoga For Horse and Rider:

**A Hands-On Equine and Human Yoga Stretching Clinic**

**Saturday, June 2, 2012 9am-4pm**

**Clinic cost: \$95 (\$10 student discount)**

**Pre-registration required. Space is limited.**

- Learn human yoga poses for riders and other horse professionals such as vets, trainers and farriers who find themselves in ergonomically challenging positions that can help reduce neck, back, shoulder and leg pain and tightness, increase flexibility and improve riding.
- Learn equine yoga poses and stretches to help keep your horse healthy, flexible and performing well.
- No prior yoga experience needed.

**Location:**

OSU Horse Center  
5501 NW Walnut Blvd  
Corvallis, OR 97331

**Bring:**

Your lunch and water  
A large sheet and towel (they will get dirty)  
Flat, closed toe shoes and a belt (no bling)

**Wear:** Stretchy clothes

Optional: yoga mat, yoga strap, blocks

**Call (541) 737-1929 or email [Dawn.Sherwood@oregonstate.edu](mailto:Dawn.Sherwood@oregonstate.edu) or [ilene@HolisticHorseBodyworks.com](mailto:ilene@HolisticHorseBodyworks.com) for pre-registration information**

Clinic Presenter: Ilene Nessenson, JD, Certified Equine Body Worker, Saddle Fitter/Reflocker, & Certified Yoga Instructor. Owner, Holistic Horse Bodyworks  
<http://www.HolisticHorseBodyworks.com/yoga-for-horse-and-rider-clinic.html>

Demo horses provided. Please do not bring your horse.