



HOLISTIC HORSE
bodyworks

Comprehensive Care. Tailored Solutions. Real Results.

Yoga For Riders and Horse Professionals Workshop

Join us for a fun-filled and relaxing 2+ hour human yoga workshop focused on poses for riders and other horse professionals such as trainers, vets, and farriers, and farm help who find themselves in ergonomically challenging positions. Learn poses that can help reduce neck, back, shoulder and leg pain and tightness, increase flexibility, improve your riding, as well as increase your connection to your horse.

Pre-registration is required. Space is limited. No prior experience needed.

Check out www.HolisticHorseBodyworks.com/upcoming-clinics.html OR email ilene@HolisticHorseBodyworks.com OR call (503) 867-1023 to register or for additional information. (Please do not call the Yoga Center.)

Date: Sunday, May 20, 2012

Time: 1-3:15pm

Cost: \$30

Location: Anuloma Chiropractic & Yoga Center

Address: 909 SE Cedar Street

Hillsboro, Oregon 97123

NOTE: This is a human yoga workshop only. It is not the Yoga For Horse and Rider Clinic on June 2nd at OSU Horse Center.