

EQUESTRIAN YOGA WORKSHOP

With Melanie Farmer, RYT 500

Saturday, Nov. 20th 1-4pm

About the Workshop

Through the innovative use of physical therapy balls and a unique system of 'yoga-wall' straps, this workshop will improve your seat's balance and communication, while stabilizing and strengthening your posture's core.

Your increased sensitivity, flexibility and strength creates a physical ease and emotional confidence through which deeper communication and connections are developed with your horse.

The use of physical therapy balls helps to re-educate our spacial balance and awareness through challenging our internal proprioceptors.

When our internal proprioceptors are well developed, we communicate more subtly with our horses, eliminating large, outer body movement. In addition, outer body movement developed and refined at the level of internal proprioceptors reduces over all muscle strain, back-neck pain and pressure on joints.

When our seat is balanced, and our motion fluid, our horses are more at ease in gate and experience less if not completely eliminating back pain and overall soreness.

Your Yoga Instructor

Melanie Farmer is a Clinical Ayurvedic Specialist, Washington State licensed massage therapist and 500 hour registered yoga teacher. Melanie has been an equestrian since her early teens and currently has a 24 year old rescue O.T. Thoroughbred she trail rides and keeps in Fall City WA.



Why should you take this workshop?

- ◆ Increase your posture's core strength and flexibility
- ◆ Improve sensitivity and connection with your horse
- ◆ Eliminate back pain for both you and your horse

Workshop Facts

When: Saturday, Nov. 20 from 1-4pm

Where: 3310 E. Lake Samm. Pkwy SE, Suite I, Sammamish

Cost: \$55

Please bring a yoga mat and wear comfortable clothes.



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