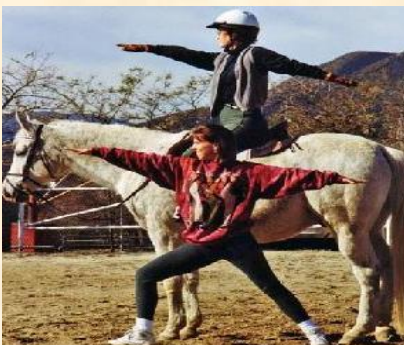


The Equest Yogi

“Uniting Mind, Body and Horse”



January 5th, 12th, 19th, 26th
5:30 – 6:45pm

Grounded By Yoga & Wellness

4 East Main St

East Bloomfield, NY 14469

As equestrians, whether you ride Western or English, we know how very sensitive horses are to our balance and body language and even facial expressions -- sometimes even to the point that we swear they can read our minds. The more control we have over our minds and bodies, the more able we are to communicate to our horses in ways that will give us the desired response. There are many methods we can use to develop this control -- yoga is a very effective one. In these four sessions, I will present to you tools to manifest symmetry, centering, focus & balance. We will explore physical stretches to help facilitate your ride and alleviate stress on the body and introduce postures for the upper and lower body to bring strength and grounding.

Pre Registration is required.

Get the Early Bird Special ~ \$50 Paid in Full by December 10th!

After December 10th ~ \$65

Payment Options:

Paypal: Groundedbyyoga@yahoo.com

Credit Card: Call (585) 703-4676

Check/MO: Grounded By Yoga, 8901 Belcher Rd, Bloomfield, NY 14469

Deadline for Registration is January 4th. Limited Enrollees. Minimum 8 required.

If you are unable to make a class....please contact me and we'll try to make arrangements! Dress in non-restricting clothing. We will practice in bare feet, however all postures given will be able to be practiced in your own attire when you are at your stable! No refunds. Questions or concerns? (585) 703-4676 or Groundedbyyoga@gmail.com



RYT 1000, E-RYT200, RCYT, RPYT

About Your Guide:

Sandy's holistic studies began at the age of 11 years old. Through meditation and yoga, she discovered an extreme inner peace and ability to focus almost immediately.

Over time, her continual focus and extensive studies in the US and abroad have established her as a first level lineage trained instructor. With over 30 years of teaching experience, she has offered therapeutic yoga nationwide.

Exemplifying her commitment and passion, Sandy was recently honored to be chosen by the National Yoga Alliance from a 40,000 directory of yoga teacher registrants to serve on the newly formed NY State Board of Delegates.

Sandy's passion extends to animals as well. Her first "pet" was a beautiful stallion named "April" (yes, April!) that was not supposed to be "ridden" because of his nasty temperament. However, they formed a bond, loved each other, and rode together for the remainder of his life.

Sandy will present to you a comprehensive 4 week session on fostering energy flow and creating a bridge between rider and horse.

Her complete resume can be found on her website www.groundedbyyoga.com . (Look for the link on her "Bio" page.)

Peace and light always