



Guidelines for mounted Equestrian Yoga practice:

- Equestrian Yoga practice offered at your location (indoors or outdoors).
- Group size limited to 10 students (min. 5 students).
- This is a fun and relaxed 90 min. mounted and off the horse Equestrian Yoga Practice
- Not a prerequisite, but beneficial, to practice the unmounted version of Equestrian Yoga before attempting it in the saddle.
- Proper riding attire and protective headgear are recommended.
- Use the tack you normally ride with (english or western saddle).
- Equestrian Yoga in the saddle is practiced at both the halt and walk. It is ideally performed on a quiet, cooperative horse, preferably your own, so you can deepen your partnership. If necessary, bring an assistant who can help with holding or leading your horse.
- All levels of riders, yogis & yoginis are welcome!

Any questions, please contact:

Danny Chapparo (E-RYT - Experienced Registered Yoga Teacher)

Danny@AshvaYoga.com or (719) 351-9837