



Guidelines for Equestrian Yoga:

- Equestrian Yoga is offered at the Chapparo Ranch (outdoors) or at your location (indoors or outdoors).
- Group size limited to 10 students (min. 5 students).
- We also offer private and semi-private classes.
- This is a fun and gentle 2 hr Equestrian Yoga practice, with, on, and for your horse.
- Proper riding attire that's comfortable and stretchy, as well as protective headgear is recommended.
- Use the tack you normally ride with (english/western saddle, or bareback pad).
- Equestrian Yoga is practiced at the halt, walk, and trot (optional). It is ideally performed on a quiet, cooperative horse, preferably your own, so you can deepen your partnership. If necessary, feel free to bring an assistant who can help with holding or leading your horse.
- Equestrian Yoga complements any riding discipline and is suitable for horses and riders of all ages and abilities. **No previous yoga experience is required.** Provided modifications and variations make Equestrian Yoga accessible to all.
- Enjoy the journey!

Any questions, please contact:

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