

YOGA on HORSEBACK

Level 2



Move to the next level of balance.

Purpose of the class:

Improves the riders foundational levels of the riding tree - relaxation, balance, and following the motion

Series 1 is a prerequisite for this advanced level. This level will help with relaxation to remove the riders tension which affect the horse's ability to move freely under saddle.

Cost: \$325

Begins October 1 for 6 weeks
Wednesdays 10 AM - 12 PM

Hannah Brisso

Seasoned Yoga and certified riding instructor.

Join Hannah for the next level of techniques to improve your riding.



*Yoga
Relaxation
Utilizing Sally Swift, Jane Savoie, &
George Morris Techniques*

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