



New for Spring 2010

YOGA for the Equestrian



April 8 – June 17, 2010

* No class on May 27th

6PM – 7PM

\$100 for all ten weeks

**Indoor Arena Addition
Meeting Room**

What to wear and bring:
Comfortable clothing and a
water bottle.

Yoga Mat: Bring a yoga mat
or you may purchase one on
the 1st day of class for \$25.00



Lord Stirling Stable
256 South Maple Avenue
Basking Ridge, NJ 07920
908 766-5955
www.somersetcountyparks.org

Come and enjoy the benefits of yoga to strengthen your muscles for riding or just your everyday life. Yoga has great health advantages and can be a positive lifestyle change.

Some benefits for the rider are:

- Increased core strength for a more stable, lighter seat with better posture and longer leg.
- Development of relaxation and breathing techniques to allow the rider to communicate confidence to the horse.
- Increased mental focus and body awareness to create harmony between rider and mount.
- Development of strength, flexibility and aerobic fitness to create an overall better rider.
- Awareness of body and muscle imbalances to help riders see how they impact the horse and its balance.

To Register: Must be in person at Stable office with cash or a check payable to Somerset County Park Commission

If you have individualized needs due to a disability, please call 908 526-5650 and we will be happy to arrange reasonable accommodations. Three weeks notice is required to ensure that appropriate accommodation can be provided.