

**A TO Z PERCHERONS**  
**YOGA FOR HORSE LOVERS**

Conducted by: **John V. Adametz, 2x World Champion Horse Logger, Farrier & Anne Adametz, Acupuncturist & Yoga Therapist**



**Sunday July 18<sup>th</sup> 2010**

10:00am – 3:00pm

Yoga for horse lovers will empower you with the knowledge and tools to discover and harness your natural ability in the saddle. This is a beginner's practice of careful observation, breathing, postures and meditation techniques that enhance riding, increase balance, strength, and range of motion all of which will foster new and creative ways to understand your horse, and ultimately, yourself.

**Learn how to:**

- relieve stress, relax yourself and your horse
- realize body language cues that will enter the horse (the good cues and the bad cues)
- perform simple Acupressure on your horse
- intuitively connect with yourself and your horse
- breathe with your horse and how it affects your communication and ability to ride

**Upon completion of the class you will know how to communicate with your horse the proper way**

Training Cost: \$100.00

Lunch included

\$50.00 due with registration (non-refundable) by July 2nd

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Complete, detach and send with payment to:

**A to Z Percherons & Farrier Service, 3796 Tower Rd, Highland, WI 53543**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

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See Attached Map for directions