

THE YOGA OF HORSEMANSHIP™



A fun and enriching experience that explores the relationship of Yoga and Horsemanship on the mat and in the saddle.

The Yoga of Horsemanship™ programs are lead by its creator, long-time Yoga Teacher, Retreat Leader, and Trail Rider Cathy Woods

Cathy Woods Yoga
& Enrichment Programs
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828-479-9373

The Yoga of Horsemanship ... A Likely Union

Yoga and Horses?

You may think yoga is just a form of stretches done on a mat, but it is much more. It is an awareness practice. Yoga means 'to Yoke Body, Mind, and Spirit'. When all three aspects of the self are united, you can experience the yoga of living, the yoga of relationships, and the **Yoga of Horsemanship**.

*When a person is congruent,
integrated, and united it is felt by
all beings and creatures.*

Don't expect to just do yoga poses on horseback – this is about spending time with the beautiful spirit of a horse and nature while tuning in and listening to your own inner voice. The program is part yoga mat, part saddle, part bareback (optional).

Grow, live, love, laugh, learn . . . about yourself, your horse, your awareness, your balance (inner and outer!) . . . about nature and life force energy that flows through all things.

On the Mat & In the Saddle

The Yoga of Horsemanship is an awareness journey through yoga and horses. It is a fun and learning experience for the novice and experienced horseman. It is not just a "horseback riding" experience, but something deeper that can be carried into every day life. Cathy teaches how to bring the awareness experienced on the Yoga mat into our interaction with horses from the ground to the saddle. The program is designed to explore and create greater consciousness and awareness in everyday life. The program is open to all, with a teaching that is accessible and enriching to riders and non-riders, yogis and non-yogis.



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In the Yoga of Horsemanship, Cathy combines her two passions – horses and Yoga – into a fun and unforgettable learning experience that will enrich your life.

Cathy has been teaching yoga for more than 23 years. An authentic, adaptable and clear teacher, Cathy assists students to embark on their own inner journey. She teaches the "yoga of her heart." Her style is easily understood regardless of age, health, lifestyle or spiritual belief. ERYT-500

“A very rewarding day for all in attendance and we appreciated having Cathy Woods for a full day of stretching, strengthening and learning centered horse-back riding.”

Helyn H. Moore,
Director of Riding High Ranch, L.L.C.

Note: This is not a riding instruction or horse training clinic, but a program to create a **more conscious and aware rider**. Cathy is neither a riding teacher or a horse trainer, but an experienced horsewoman and long-time yoga teacher and life skills retreat leader.



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This program is for everyone, without regard to your riding discipline, experience level, or if you just enjoy being around horses.

This is a fun, interactive program!

- Spend time on the yoga mat and in the saddle
- Work on stretches, strengthening, balancing and alignment techniques for equestrians
- Explore the metaphors of yoga and how they apply to horsemanship
- Stay centered/relaxed/grounded/focused
- Body/Mind/Breath awareness
- Breath-work
- Present moment awareness
- Move with grace, patience, flexibility, strength and balance
- The energy we bring to horses and to life



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This exciting program is available to:

- Yoga & Retreat Centers with nearby stables
- Ranches
- Stables & Boarding Facilities
- Private Horse Farms
- Training Barns & Horse Arenas

It can be delivered anywhere participants can practice with their own horse or a horse-for-hire.

The program can be offered as half-day or several day workshop or as a week long retreat. No matter how long the event, Cathy includes yoga instruction on the mat and in the saddle.

When you are fully present in your horsemanship, it becomes a form of yoga practice.

On occasion, Cathy offers The Yoga of Horsemanship™ near her Smoky Mountain home where she provides horses for a small group.



Call today to schedule a Yoga of Horsemanship program for your group. A lead time of 3 to 6 months is normal, but Cathy can schedule bookings up to a year in advance.

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What they are saying . . .

Cathy has taught her "Yoga and Horsemanship" clinic at our community twice, both times were a great success. Cathy is able to get everyone together with their horses, encouraging centering of the mind with the horse, while teaching yoga moves that allow the rider to melt into the movement of the horse. I highly recommend the clinic, everyone will learn and enjoy the day.

- Carol Dilley, Manager of the Settlement at Thomas Divide, Bryson City, NC.

The Yoga of Horsemanship workshop was a truly enjoyable and enlightening experience. Bridging the concepts of yoga with the wisdom and spirituality of the horse enables self-discovery and awareness. You don't have to be an expert at either discipline to be able to take away new concepts and core benefits from this program. Both my husband and I truly enjoyed and learned from this experience.

-Mary Connaughty-Sullivan, Avid Trail Rider

Cathy Woods horse/yoga . . . is, rather than a riding lesson, a communications lesson of your body and mind to your horse's body and mind. We all know, or should know, that you cannot control your horse until you can control your own body and mind-spirit on your horse. This program targets the body to body awareness and encourages the relaxation of your mind and spirit . . . the horse knows if you are fearful, tense, upset etc. and we must learn to master our own mind spirit and body in order to reassure the horse, an animal of prey, that all is well. And physically to control our bodies to direct the horse in the movements and direction we want him to take. This type of "lesson" is valuable to riders of all levels and disciplines, everyone is capable to participate and, by the way it is FUN! Come enjoy!

-Cindy Hughes, Dressage Rider and owner/artist of Horse Lady Gifts

Riding High Ranch, Equestrian Community was pleased to be selected to host the "Yoga for Horsemanship" for their property owners, boarders, and guests. It was a beautiful Fall day here on the horse farm, complemented by 2 hours of Yoga instruction on mats in the barn aisle, a short break to snack and tack up, then head for the arena for the mounted instruction. A very rewarding day for all in attendance and we appreciated having Cathy Woods with her horses for a full day of stretching, strengthening and learning centered horseback riding.

-Helyn H. Moore, Director of Riding High Ranch, L.L.C.

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