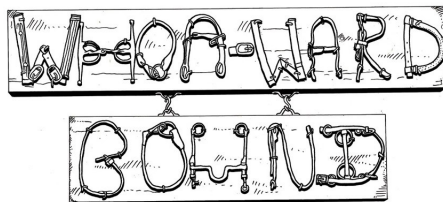


STRESS RELIEF

BALANCE



CONNECTION

EMPOWERMENT

Horses, Awareness & Yoga HAY!!

Register NOW

Adults Only Class

Mondays

May 2, 9, 16 & 23, 2011

6:00-7:45 PM

\$150

If interested in
participating in a
Parent/Child Class

Contact Pam

[funefarm.pam@gmail](mailto:funefarm.pam@gmail.com)

484-868-1554

Whoa-Ward Bound

Pam Strain OTR/L

Program Director

Fun-E-Farm

1256 Stump Hall Rd

Collegeville, PA



Join us for a unique combination of activities aimed at finding a peaceful balance of body, mind & spirit. Each session will open and close with yoga (mats will be provided) and breathing exercises. A variety of mounted and non-mounted horse activities will be performed at your own comfort level. Participants will have an opportunity to experience the calming power of the horses in the natural farm environment. Wear comfortable clothes (long loose fitting pants) and bring closed toe shoes for safety around the horses. This program is perfect for adults who would like to slow down and take some time to "be in the moment".

- ◆ Yoga
- ◆ Breathing
- ◆ "Joining Up" with the horses
- ◆ Calming touch & connection through grooming
- ◆ Journaling in the herd
- ◆ Yoga on horseback

Contact us at:

funefarm.pam@gmail.com

484-868-1554

Register at

www.fun-e-farm.com