



**SATURDAY, August 30th**  
**EQUI-YOGA™ with Marty Whittle**

**Cornerside Stables**  
**210 Old Oxford Rd Georgetown, KY 40324**  
**860-268-3714 • 860-933-2006**  
**mhshea@aol.com**

Equi-Yoga™ is a technique combining the benefits of yoga, breath and movement. These unique, yoga-based exercises, developed by Marty Whittle, are designed to stretch, strengthen and create awareness of the rider's body. Using the exercises in unison with your breath and horse's movements, you can stretch and release tension from deep within and thereby achieve a better awareness of all individual body parts and their unity.

Equi-Yoga™ targets trouble areas, such as the neck, shoulders, arms, back, seat and legs. By loosening and strengthening these areas, the rider allows their horse to flow through them. It helps you explore your body from the inside out. When you breathe and stretch through blocked areas, you become aware of them, releasing them, and then the lines of communication between you and your horse will open. The more freely and correctly you breathe, and move, the more freely your horse will breathe, and move with you.

Options include:

- Yoga on the ground mat + Equi-yoga session riding your horse on the lunge line (this way you are able to work on issues that you and your horse have together, such as one-sidedness, tipping, or stiffness in the same regions)
- Yoga on the ground mat + auditing of rider sessions

For more information on Equi-Yoga™: <http://topcatfarms.com/>

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Horse name: \_\_\_\_\_ Breed: \_\_\_\_\_ Age: \_\_\_\_\_

Main Discipline: \_\_\_\_\_

Mounted session  *Beginner Session*  *Advanced Session*

Yoga Mat session

Both

**Stabling option is available, but very few spots will be available, please let us know by August 15<sup>th</sup> if you would like a stall/pasture for Friday night and/or Saturday. Yes, I would like a stall  Horse number: \_\_\_\_\_**

**Friday  Saturday**

**Yes, I would like pasture/ paddock**

There will be a large field to park truck and trailers in but if you have a large truck and trailer, please inform us ahead of time so we can be sure to accommodate you properly.



## Registration Form

**Equi-Yoga Clinic with Marty Whittle on Saturday August 30<sup>th</sup>, 2014  
Cornerside Stables 210 Old Oxford Rd Georgetown, KY 40324**

Participant - \$150.00

Includes: Yoga on the ground mat (~ 1.5 hours)

Lunch

Equi-yoga session riding your horse on the lunge line

Auditor - \$40.00 (unlimited number)

Includes: Yoga on the ground mat (~ 1.5 hours)

Lunch

Auditing of rider sessions

1. Please bring a yoga mat to participate in the yoga mat sessions
2. Please bring a chair if you will stay to audit riding sessions.
3. We will be providing a healthy lunch consisting of cold cut deli sandwiches and a dessert, but please feel free to bring along your favorite dish. Also if you have any allergies we recommend bringing your own lunch.

**Yes, I'm bringing my own lunch**  **Yes, I would like to bring a dish**

4. If you have any physical restrictions or previous injuries, please note it below so that Marty can target appropriate exercises.

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

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

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

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

### **PARTICIPANT'S RELEASE OF LIABILITY – READ AND UNDERSTAND THIS BEFORE YOU SIGN IT**

In consideration for \_\_\_\_\_ (the "Rider") being permitted to participate in the clinic sponsored or organized by Cornerside Stables on August, 30<sup>th</sup> at Cornerside Stables (the "Farm"), the Rider and his/her parents (if Rider is under 18 years of age) agree that Cornerside Stables, the Farm, the clinician, and their agents, members, volunteers and assistants shall not be liable for, and agree to hold them harmless from, any accident, personal injury, death or property damage that may be sustained by any person or entity, including without limitation the Rider, as a result in whole or in part from the Rider's participation in the clinic. This agreement is binding on the Rider and his/her parents whether or not said accident, personal injury, death or property damage is due in whole or in part to the negligence of Cornerside Stables, the Farm, the clinician or any of their agents, members, volunteers or assistants. The Rider and his/her parents (if Rider is under 18 years of age) agree to defend and indemnify Cornerside Stables, the Farm, the clinician and their agents, members, volunteers and assistants for any claims, demands, or suits arising from the Rider's participation in the clinic, including without limitation those arising in whole or in part from the negligence of Cornerside Stables, the Farm, the clinician or their agents, members, volunteers or assistants.

This release is signed on \_\_\_\_\_, 20\_\_ Rider or Rider's Parent \_\_\_\_\_

**Please make all checks payable to Cornerside Stables and send this form and check to:**

Michelle Shea 210 Old Oxford Rd Georgetown, KY 40324

For more information or questions, please contact Michelle by email at [mhshea@aol.com](mailto:mhshea@aol.com) or by phone at (860) 268-3714