



ARION THERAPEUTIC FARM

2457 SAUCIER RD, KELOWNA, 250-864-7756

www.arionfarm.org

Yoga on Horseback!



Calling all animal lovers! Build your confidence, increase balance and smell the Dung! I will be using Yoga and Masgutova Therapy Methods to promote, flexibility, sensory motor-integration, social/emotional functions and distress.

Horses allow us to be one with their being and energy, when we ride them. They challenge us to be present of our surroundings and focus on our core and we haven't even started the yoga part yet!

So come and join me at Arion Therapeutic Farm for an opportunity that can't be missed.

- Open to everyone
- Classes for Kids with physical or emotional challenges
- Traditional classes available for riders wanting to increase flexibility and strength related to riding
- Weekday, evenings & weekend time slots available.

Book your space now!

Call Melody Zacharias at (250) 864-2255