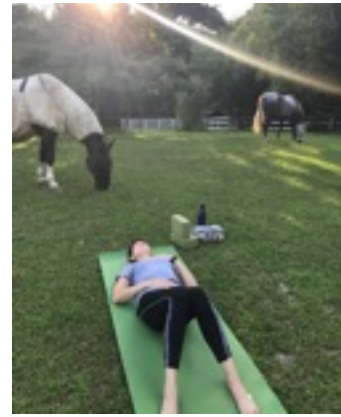




Join us!!



## High&Mighty and Monica Celli, MA Ed RYT of Equus Yoga present:

**Yoga with Horses:** For Children and their Caregivers. Come practice with our herd! Mindfulness, Body Awareness and the Healing horses of H & M! A gentle yoga class will be led in the fields overlooking the amazing views and with the horses grazing by your side. Please bring a mat and wear comfortable clothing.

**September 22, 2-3pm** 20 for pair/15 Single person/ (staff/volunteers 10/pair 12)

**Horses and Creativity:** Horses, Meditation, Mindfulness, Observation, Drawing skills and the Principles and Concepts of Art and Design, will come together to help you create your one of a kind, multi media creation inspired by the Equus. Inspiration will be drawn from observing fine details of the horse in the herd, in their natural landscape and with the changing colors of the hills and fields around. This is a wonderful class for any and all aspiring or want to be artists. No experience nec. Please bring a sketch book, pencils, comfortable clothing.

**October 13th 1-3:30 pm** 65.00 includes materials/light refreshments/Staff/  
Volunteers 50.00

***Pre-register for classes or for more information call 413-281-9003***

***[www.equusyoga.squarespace.com](http://www.equusyoga.squarespace.com)***, or see our FB events page- Equus Yoga: for the Equestrian Body and Mind

High and Mighty ~71 County Rte 21 C Ghent NY

