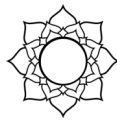


Horses Provided



3 Night Retreat

Cathy Woods & Paul Striberry Present

An Awareness Journey through YOGA & HORSES

Cataloochee Guest Ranch

Maggie Valley, NC - in the Great Smoky Mountains

June 1-4, 2012

Renew, Rejuvenate, Meet New Friends, Relax, Learn, Expand

Two Equine Programs & Trail Rides

In addition to daily yoga classes, you will explore the parallels of yoga and horsemanship from ground to saddle with

***Cathy Woods* (www.cathywoodsyooga.com)**

long-time yoga teacher, retreat leader, and trail rider in her extraordinary clinic:

The Yoga of Horsemanship™

Discover a holistic approach to horsemanship that encourages congruence in body, mind, and spirit. See your horse as an SUV—Spiritual Utility Vehicle—and understand riding as a practice of meditation in motion on the path to awakening .

***Paul Striberry* (consciousriding.com)**

Accelerate Learning. Improve Performance. Increase Enjoyment.

Conscious Riding Clinic

Program also includes Trail Rides in the beautiful Great Smoky Mountains of NC with experienced ranch guides.

\$1050.00 p.p. includes tax, horses, clinics, yoga classes, lodging & 2 delicious meals a day at Cataloochee Ranch. Lodging based on shared accommodations, single room available for additional \$90. Gratuities, alcoholic beverages, and lunch not included. More Info: www.cataloocheeranch.com

Limit 10. Participants MUST register with a 10% deposit NO LATER THAN May 1, 2012

For program & registration details, go to www.cathywoodsyooga.com