

# **YOGA AND HORSEMANSHIP**

with  
***TAMMY PATE***

**Learn the benefits of combining Yoga and horsemanship. The practice of Equestrian Yoga brings the rider to a more balanced state of being and communicates a gentle strength that horses respond to naturally. Horse and rider connect with a deeper understanding and level of trust.**

**WHEN:** Friday, Saturday & Sunday  
November 7-9, 2008

**TIME:** Friday – 5:30 pm – 9:00 pm  
Saturday – 8:30 am – 6:00 pm  
Sunday – 9:00 am – 4:00 pm

**COST:** \$285.00 (Saturday & Sunday morning snack & lunch included)

A deposit of \$100.00 will be required to confirm your spot as a rider participant. The balance of payment (\$185.00) must be paid by October 31, 2008. Your deposit is non-refundable, unless it can be transferred to someone on a waiting list.

**LIMITED AUDITOR SPACE – e-mail for details**  
([kathy@meadowsweetranch.com](mailto:kathy@meadowsweetranch.com)).

**Clinic will include: Yoga ☺; How to be in the proper frame of mind before training; how to work on yourself in order to work with your horse; a situational approach to riding on the trails and how to ride safely on the trails; the behavioral aspects of horse training; how to empathize with your horse; how to increase your inner balance; transition work, making indoor riding fun (things to work on over the winter); roping; synchronized riding; trail obstacle work and more ☺**

**WHERE:** Meadowsweet Ranch  
8118 Wilmot Road (**actually at the end of Sundial Lane**)  
Spring Grove, IL 60081

**For additional information:** [kathy@meadowsweetranch.com](mailto:kathy@meadowsweetranch.com) or (815) 675-1177.

**REGISTRATION FORM  
TAMMY PATE CLINIC  
NOVEMBER 7-9, 2008**

**Name:**

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

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

**E-Mail:** \_\_\_\_\_

\_\_\_\_\_ Clinic \$285.00 (includes morning snack and lunch on Saturday & Sunday)

\_\_\_\_\_ Overnight Stabling - \$20/night \_\_\_\_\_ Friday \_\_\_\_\_ Saturday  
(You bring grain/supplements - provide hay, shavings and stall cleaning)

\_\_\_\_\_ Daytime stabling - \$10/day \_\_\_\_\_ Friday \_\_\_\_\_ Saturday  
(you bring hay & grain – clean stall before leaving)

**\$100.00** deposit due with registration – **Balance due** by October 31, 2008

**Mail Deposit to:** Meadowsweet Ranch  
8118 Wilmot Road  
Spring Grove, IL 60081