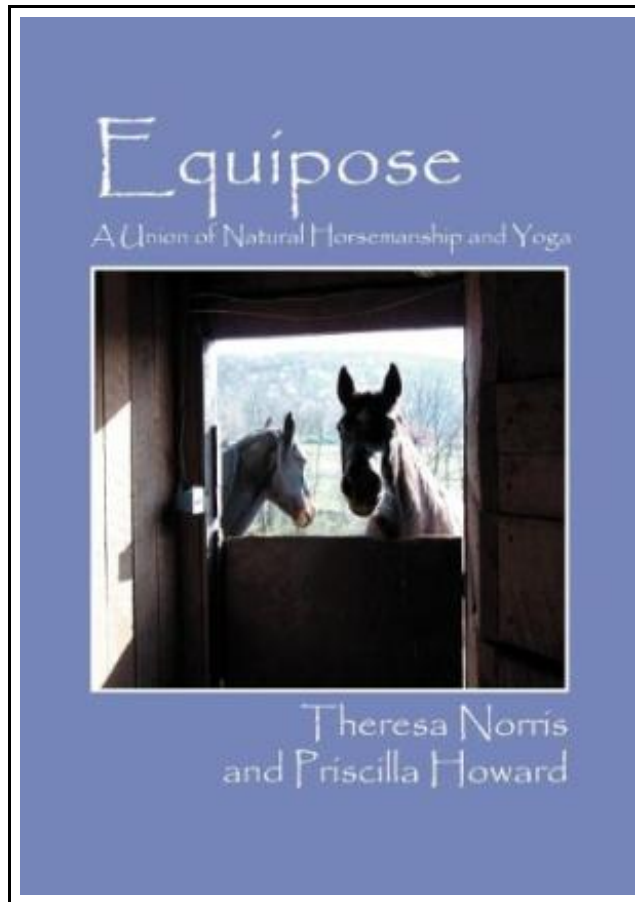


## Equipose: A Union of Natural Horsemanship and Yoga (Paperback)



Filesize: 3.8 MB

### ***Reviews***

*This publication is wonderful. I could comprehend every thing out of this published e publication.  
You can expect to like the way the blogger write this publication.*

***(Eliseo Rippin)***

## EQUIPOSE: A UNION OF NATURAL HORSEMANSHIP AND YOGA (PAPERBACK)



Outskirts Press, United States, 2011. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Equipose A natural union of Yoga and Horsemanship Theresa Norris and Priscilla Howard became friends through natural horsemanship. Over the years they examined how their physical, emotional, mental and spiritual body affected their relationship with their equine partner. Theresa and Priscilla practice yoga to balance their bodies for their well being. An idea formed of how yoga could be infused with natural horsemanship. They observed a natural connection between riding horses and practicing yoga. Yoga taught them how to be their authentic selves and slow down to live in the moment. Realizing that horses as prey animals are sensitive to a person s present state of being it directly correlated to how they interacted together. Excited about the idea they created simulated horses to develop eighteen basic poses in a seated position that would benefit the equestrian and the general public. They felt how their body within a pose mirrored how to move with their horse while riding. Theresa and Priscilla studied how the poses practiced on their horse affected their communication and riding abilities. Interestingly they sensed how yoga was relaxing for both horse and rider. They noticed that when their whole body was balanced their performance heightened. They felt a desire to share how the poses can deepen the relationship within you and with your horse. Theresa and Priscilla called the yoga- style poses Equipose written as a comprehensive guide to living to the fullest with your equine partner. Practicing yoga in this style is a gratifying experience whether you own a horse or not. An Equipose session can be practiced with your equine partner or on a simulated horse. The program is designed to...



**[Read Equipose: A Union of Natural Horsemanship and Yoga \(Paperback\) Online](#)**



**[Download PDF Equipose: A Union of Natural Horsemanship and Yoga \(Paperback\)](#)**

## Relevant PDFs



### **Mass Media Law: The Printing Press to the Internet (Paperback)**

Peter Lang Publishing Inc, United States, 2013. Paperback. Book Condition: New. New.. 251 x 175 mm. Language: English . Brand New Book. Digital media law is now the dynamic legal territory. Mass Media Law: The...

[Read eBook »](#)



### **Patent Ease: How to Write You Own Patent Application (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Patent Ease! The new How to write your own Patent book for beginners!...

[Read eBook »](#)



### **A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Read eBook »](#)



### **Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package (Paperback)**

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Read eBook »](#)



### **Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625) (Paperback)**

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now...

[Read eBook »](#)



**Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to

[Read Document »](#)



**From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)**

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein

[Read Document »](#)



**Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he

[Read Document »](#)



**Learning with Curious George Preschool Math (Paperback)**

HOUGHTON MIFFLIN, United States, 2012. Paperback. Book Condition: New. Student, Workbook. 279 x 203 mm. Language: English . Brand New Book. Theres no better way to ignite your childs curiosity for learning than with Curious

[Read Document »](#)



**I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy

[Read Document »](#)