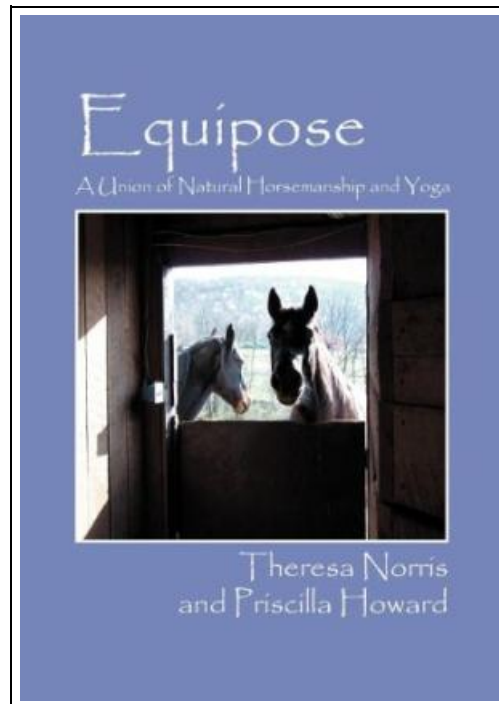


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EQUIPOSE: A UNION OF NATURAL HORSEMANSHIP AND YOGA



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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...



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