



**NOURISH**  
BODY · MIND · SOUL

# EQUESTRIAN YOGA & MOUNTED MINDFULNESS



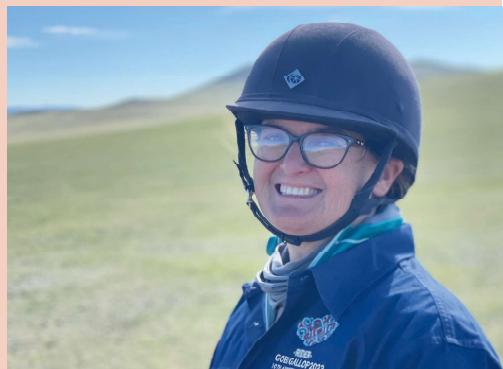
**WITH CHRISTINA KEIM, M.ED., M.F.A.,  
CYT-200 (COLD MOON FARM)**

- **January 18th & 25th - 3:30 -5:00 PM**
- **February 8th & 15th - 3:30 -5:00 PM**
- **March 15th & 22nd - 3:30 -5:00 PM**

Yoga for riders builds strength, suppleness, balance, and body awareness—and helps you stay present and centered for better communication and connection with your horse.

Ready to uplevel your horsemanship and remove what's holding you back?

Join professional equestrian Christina Keim, M.Ed., M.F.A., CYT-200 (Cold Moon Farm) for Introduction to Equestrian Yoga. We'll explore the link between body, breath, and mindset to support you in and out of the saddle.



**Scan the QR code learn more and  
save your spot. Space is limited!**

