

Yoga for Dressage Riders

Saturday February 20th or Sunday February 21, 2016

2-4 PM

Cedar Point Country Club

8056 Clubhouse Drive

Suffolk, VA 23433

\$15 per person

Deadline for Applications 2/5/16

Please make check payable to

Kathy Rowse and circle which date you

would like to attend!



Hosted by Kathy Rowse

With Ann Swanson, M.S. E-RYT500, LMT

Ann is certified with special interest in Yoga for Arthritis. She studied Yoga in the Himalayas of India and has earned her Master of Science in Yoga Therapy.

Please bring a Yoga Mat and comfortable clothing. Variations provided for all levels including chair exercises



Space is Limited to 20 People | Mail your Application to: Kathy Rowse 1268 Peppercorn Lane Suffolk VA 23432