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YOGA FOR RIDERS

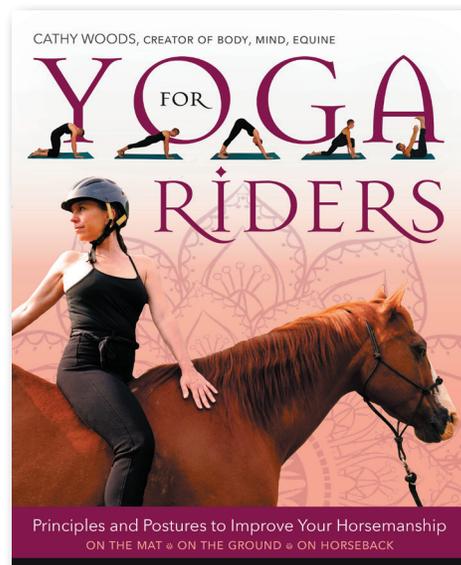
Principles and Postures to Improve Your Horsemanship: On the Mat, On the Ground, On Horseback

CATHY WOODS

Trafalgar Square Books is pleased to announce the release of *Yoga for Riders* by Cathy Woods.

Billions of people around the world embrace the practice of yoga. Its lessons in breath control, simple meditation, and specific bodily postures are widely regarded as a means to achieve health and relaxation. Yoga teacher and horsewoman Cathy Woods says that's not all: She believes the meditative, mindful breathwork and lifestyle aspects of the tradition, as well as the postures, can be profoundly helpful in our interactions with horses. Her unique program is presented here in the form of highly illustrated instruction, guiding you through the steps to achieving present moment awareness; finding body, breath, and energy awareness; breathing through challenges; listening to your inner voice; slowing down; and developing balance and symmetry in the saddle. All of these are key to better communication and improved partnership with our horses. In addition, Woods shares specific stretches for strength, flexibility, and balance, as well as postures that contribute to rider safety as we age. The result is a book that helps us become more aware and conscious riders while gently correcting our imbalances, resulting in a richer, more rewarding, more joyful horsemanship experience.

CATHY WOODS is a long-time yoga teacher and retreat leader, having taught yoga to equestrians and non-equestrians since 1990. An equine enthusiast and avid rider, Woods combined her passions to create a program called "Body, Mind, Equine," which focuses on the use of yoga principles and postures to improve horsemanship. She offers retreats and clinics at ranches, resorts, equine centers, and expos—including Equine Affaire, Southern Equine Expo, and Equitana USA—as well as for private equestrian groups. Woods has written for and been featured in numerous online and print publications, such as *EQUUS*, *Western Horse & Gun Magazine*, *Yoga Digest*, *Forbes.com*, *Equitrekking*, and *Horsecity.com*. Woods aims to impart an aware/mindful approach to yoga and horsemanship, while promoting a more enriched and skillful life (cathywoodsyooga.com).



"While cleverly disguised as a 'yoga for riders' book, this text contains the secret sauce to having the ultimate connection and communication with your horse. I highly recommend this book for anyone seeking to deepen their relationship with their horse."

—WARWICK SCHILLER

Warwick Schiller Performance Horsemanship, Two-Time Australian WEG Team Member, Worldwide Clinician

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