

BSTRA Benefit:

Yoga for Equestrians

Prepare your Body for the Riding Season!

March 26th



Taught by Julia Taddei, Equestrian and Registered Yoga Teacher

Learn the basic Yoga poses that will help you get ready for the coming riding season—how to strengthen your core, improve your balance, open your hips, improve your flexibility and more.

This 1-hour class is appropriate for Beginners, as well as all levels.



Held at State of Grace Yoga and Wellness Center

104 East Hartford Ave, Uxbridge, MA

2:30–3:30 PM



Wear comfortable athletic clothing.

Class Size Limited to 25—Make your reservation early to guarantee a space.

Fee: \$15

Your fee is a donation to help fund BSTRA's trail projects.

Please make checks payable to BSTRA, Inc. and mail with registration form below to:
BSTRA Yoga, c/o 76 NW Main St., Douglas, MA 01516

YOGA FOR EQUESTRIANS REGISTRATION FORM

Please enter your information below.

Name	
Street Address	
Town, State, Zip	
Phone Number	
E-mail	
Are you a BSTRA member?	
Optional Trail Fund Donation	