

HORSEMANSHIP & YOGA RETREAT

Wanted: Cowboys, Cowgirls & Yogis



Balance... with the laws of nature.

July 14 - 18, 2010

EA RANCH



Contact: Tracey Burke
P.O. Box 644
Dubois, Wyoming 82513
307.455.3335
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This four day retreat combines horsemanship and yoga in a setting of red hills and the majestic Absaroka and Wind River mountains — hosted by the EA Ranch in Dubois, Wyoming.

Connect with your horse, your actions, and your movements. Through a system of soft feel, led by instructor Beth Evans, participants will work towards deepening the relationship of trust and respect between horse and rider. Yoga instructor, Tracey Burke takes you to a place of balance, centering, and awareness. This all combines for a complete experience: harmony with horses and yoga.

Join Beth and Tracey for this refreshing weekend.

Harmony with horses and yoga.

At the EA Ranch:

Your day will begin with an hour yoga class, with Tracey, exploring breath and body postures which can influence balance and riding postures. Beth's morning session with your horse teaches new skills of respect, soft feel, and paying attention to the small stuff. In the afternoon, there is time for reviewing and/or trail riding. A well-deserved lunch break will give you a breather before climbing back in the saddle. The day closes with an hour-long yoga class and then a luscious meal with friends.

The cost for 4 days is \$1,400. This includes: instruction, a comfortable and beautiful place for you and your horse to stay, and fresh home-cooked meals. Plan on arriving the 14th to settle in. Dinner is provided that evening. The event closes after lunch on the Sun the 18th.

A non-refundable deposit of \$300.00 will hold your spot; remainder is due upon arrival. There will be some tax added to your bill.



The People and the Place:

Recommended reading: *True Horsemanship* by Tom Dorrance and *Think Harmony with Horses* by Ray Hunt.

Beth Evans rides, competes, breeds, and trains horses in reining and has started work in dressage. She and her family own a cattle ranch in Pavillion, Wyoming. She starts all her young horses with a foundation of a gentle feel and respect on the ground and into saddle, no matter the discipline of the horse and rider. Her knowledge of horses and their language will compel you through problem areas.

Tracey Burke has been teaching yoga in Dubois for 5 years. Her knowledge of yoga comes from the likes of Richard Freeman, John Friend, and Tim Miller. Years of teaching swimming, skiing, and riding have given her tools to understand movement and the subtle muscular action of the human body. She blends meditation, breath, and asanas to help you explore and understand your core.

The EA Ranch has been owned and operated by the Burke's for 21 years. It is a place of nature, old times, land stewardship, animal husbandry, and land management, secluded in the foothills of the Absaroka Mountain Range. Horse Creek meanders through the compound amongst tall cotton wood trees. Cattle, sheep and horses graze, along with deer, elk, big horn sheep, mountain lions and bears.

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