

# Body, Mind, Equine

Featuring, Cathy Woods  
Artist in Residence  
The Resort at Paws up



We were delighted to spend time with Cathy Woods, an Artist in Residence, during our visit to The Resort at Paws Up. Cathy, an experienced and versatile yoga teacher with over 25 years of experience, is also a lifelong horseback rider and horse owner. She combines her love of yoga and horses in a unique workshop, The Yoga of Horsemanship, connecting traditional yogic principals with horsemanship.

Don't expect to simply do yoga poses on horseback – these mindful workshops are designed to cultivate awareness of your inner voice while spending time with the beautiful spirit of a horse. Learn about yourself, about your horse, about nature and the energy that flows through all things. Yoga of Horsemanship workshops are for everyone, regardless of your riding discipline or experience level.

*For more information, visit [cathywoodsyooga.com](http://cathywoodsyooga.com)*

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## PARALLELS OF YOGA & HORSEMANSHIP

\*| Be in the present moment, where life is happening. Multi-tasking takes us away from the present. Use breath and bodily sensations as tools to stay harnessed in the present. A horse takes every step into the present moment. Take that step with him.

\*| We come to know ourselves better through yoga, and so too with horsemanship. The yoga mat is a training ground for horsemanship and for life.

\*| Bring consciousness to your overall awareness, body/breathing, present moment, and energy awareness.

\*| Breathe through challenges; move with the breath, and not against it.

\*| You can often do more than the mind thinks you can do.

\*| Be aware of energy shifts within yourself, your horse and your surroundings.

\*| Move with as much grace in a situation or yoga posture as possible, even when challenged.

\*| Be accepting, working from where you are on that mat and with your horsemanship.

\*| Stay balanced in all that you do in your life, not just physically. Balance inner and outer.

\*| Slow down.

\*| Be aware of where your body is in space and time. Notice bodily sensations, alignment, strength, and flexibility.

\*| Drop expectations and free up energy for better use.

\*| Watch the mind chatter, but do not buy into it.

*Stop and experience the sensations and energy after a yoga stretch. Stop, experience and celebrate after an accomplishment with your horse.*

