

2020 Programs	RETREATS & WORKSHOPS	Brief Description
January 25, 2020	The Mindful Equestrian <i>Star-4 Equestrian</i> St. Augustine, Florida	A 1-Day, Body, Mind, Equine™ Clinic with National Presenter and Author, Cathy Woods, <i>With Your Own Horse</i> More Information
February 29, 2020	Balanced Horses Mindful Riders <i>Winter Rose Equestrian Center</i> Scottsdale, Arizona	A mid-winter training tune-up for horses and riders with national clinicians and authors, Jec A. Ballou and Cathy Woods . Registration More Information
April 2 - 5, 2020	Equine Affaire <i>Ohio Expo Center</i> Columbus, Ohio	Cathy will lead two demo presentations and a yoga class for riders. More Information
RESCHEDULED! May 7 - 10, 2020 <i>New Dates: October 16-19, 2020</i>	Find Your Inner Cowgirl with Body, Mind, Equine™ C Lazy U Ranch Colorado	Use yoga to improve your horsemanship in this 3-night women's retreat experience while exploring your cowgirl spirit. Yoga classes, workshops, discussions, arena work, trail rides & more! All levels welcome! More information
CANCELED August 23 - 26, 2020	Body, Mind, Equine™: A Horse and Yoga Retreat Red Horse Mountain Ranch Idaho	A 3-night retreat, exploring the parallels of yoga & horsemanship at a luxury ranch. Enjoy yoga classes for riders, workshops, arena work, and trail rides. All levels welcome. Retreat and Stay (longer) option also available**Save \$100.00 if booked by January 31, 2020 More information
September 25 - 27, 2020	EQUITANA Expo Kentucky Horse Park Lexington, Kentucky	Cathy will offer two demo presentations, a book signing, and a VIP Yoga Class. More information
POSTPONED to May 2021 October 16 - 19, 2020	Find Your Inner Cowgirl with Body, Mind, Equine™ C Lazy U Ranch Colorado	Use yoga to improve your horsemanship in this 3-night women's retreat experience while exploring your cowgirl spirit. Yoga classes, workshops, discussions, arena work, trail rides & more! All levels welcome! More information
RESCHEDULED TO October 18, 2020 11 am - 3 pm	Yoga for Riders Mini Event with Your Own Horse Cherokee County Saddle Club Murphy, North Carolina	A great way to spend a relaxing and educational autumn day with your horse. This half-day clinic coincides with the release of Cathy Woods new book, Yoga for Riders. Learn to use yoga principles & postures to improve horsemanship from ground to saddle. No experience necessary, all levels & disciplines welcome, suitable for ages 15 and up and well-behaved horses. More Information