


2022 Events

Program Date	Program Name	Program Details
February 17, 2022	Facebook Live Conversation with Cathy Woods & Jec Ballou	Stay tuned for all the details and a link to join along.
April 7 - 10, 2022	Equine Affaire Ohio Expo Center Columbus, Ohio	Join Cathy and an array of other Equine professional for 4 days of the <i>Nation's Premiere Equine Exposition and Equestrian Gathering</i> . Cathy will present a demo and separate presentation at this Spring event. More Information and Tickets Here
May 5 - 8, 2022	Find Your Inner Cowgirl with Body Mind, Equine™ C Lazy U Ranch Granby, 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 Here
May 20 - 22, 2022	Smoky Mountain Glamping Retreat with Equine and Friends Nurture + Nature Retreat Center Franklin, North Carolina	An all inclusive, Glamping Yoga Retreat which combines (non-riding) equine activities -- In the mountains of Western North Carolina at Nurture + Nature Retreat Center in Franklin, NC. More Information Here
June 5, 2022	An Evening With WeHorse Trainer Cathy Woods FREE Online Event	Learn more about the benefits (including practical exercises) of mindfulness for equestrians and how it can improve your horsemanship, both in and out of the saddle. Must reserve your FREE ticket Here
June 11, 2022	Bright's Creek Equestrian Center Mill Spring, NC	Join me for a FREE Equine Education Series event hosted by Alicia Sama For questions or to reserve your spot contact Alicia 828-606-8070.  More Information Here
June 11, 2022 from 6 - 8 pm	Book Signing at Tryon International Equestrian Center	Join me at Tryon International Equestrian Center at the <i>Saturday Night Lights</i> Event. <i>Signing table location: Near Rogers Diner and Unique Boutique.</i>
July 15 - 17, 2022	Body, Mind, Equine Become a Mindful Equestrian Horse Class X Cathy Woods Honey Brook, Pennsylvania	Body, Mind, Equine, A Personal Journey to Self-discovery through yoga and horses with Cathy Woods. More Information Here

August 19 - 21, 2022	Athletic Equestrian Adult Training Camp Mount Holyoke College South Hadley, Massachusetts	Spend a training weekend with Athletic Equestrian founder Sally Batton and friends Cathy Woods & Christina Keim at an adult horse camp hosted at Mount Holyoke Equestrian Center in South Hadley, MA! All mounted sessions are on the flat only for this camp. Future camps will include sessions over fences. More Information Here
October 15, 2022	Body, Mind, Equine Clinic Trinity Sanctuary Lookout Mountain, Georgia	Stars Sporthorses Presents: Body, Mind, Equine Clinic Applying the Essence of Yoga to Horsemanship With Cathy Woods Yoga More Information Here
October 21 - 23, 2022	2022 Liberty Festival presented by International Liberty Horse Association Kentucky Horse Park Lexington, Kentucky	Cathy Woods will offer 2 lecture presentations, Energy Matters & The Mindful Equestrian, and 2 yoga for riders, mat classes. Note: For Yoga class pre-registration and payment are required and class space is limited; reserve early. Liberty Festival (libertyhorseassociation.com)