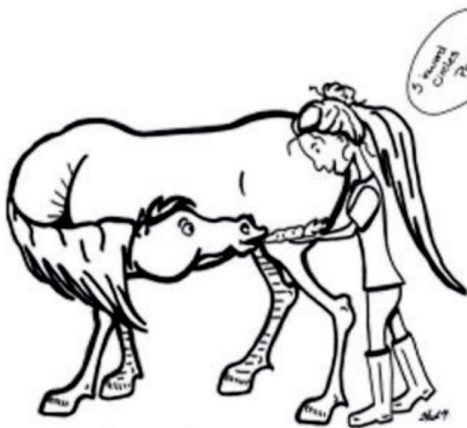
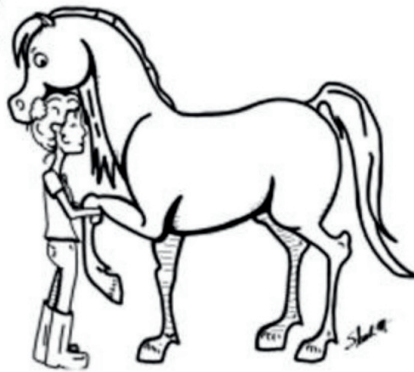


Horses Like Yoga, Too!

Here are some daily easy Yoga stretches to do before riding or warming up your horse to help keep them soft, supple, willing and sound thru their 30's.



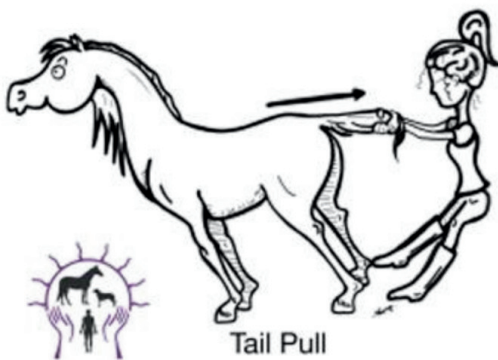
Carrot Stretch
(Do Both Side)



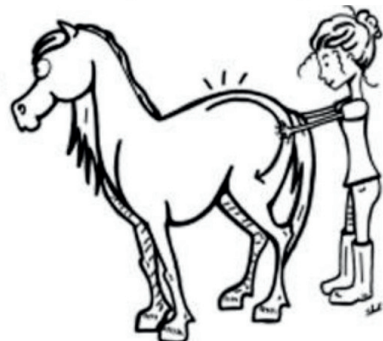
Leg lift / Inward Leg Circles
(Do Both Sides)



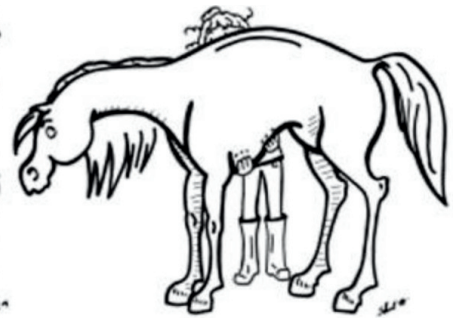
Drunken Horse
(Both Sides)



Tail Pull



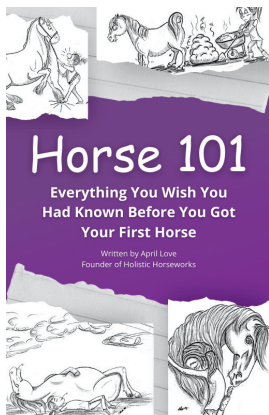
Butt Tuck



Rib Lift

If your horse can't do these moves easily, it's a sign that there are deeper issues in the body. Such issues can create training or behavioral problems as well as mysterious lameness. Also, pre-mature arthritic conditions like Sidebone, Ringbone, Kissing spine, Roach back and Hunters bump, which will all shorten your horse's ride-able years. *Learn how to prevent these things so that you and your horse have a happy long future together!*

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