



Revitalize and Ride

Ladies....Monday nights exercise your mind, body and spirit with a great new combination offered **ONLY** By Heartland Equestrian.ca and [Yoga 2 You!](http://Yoga 2 You)

Begin with 15 fabulous minutes of **Yoga** to warm up your muscles. Then, enjoy 30 minutes of **Horseback Riding**, and finish with 15 minutes of **Yoga** stretching for those fine, developing muscles.

JOIN US starting this Monday May 31, 2010

Love and Laugh at
Heartland Equestrian.ca
9570 Duffs Rd. Whitby, ON

Sessions begin Monday, May 31, 2010 and continue....

Start Times 4:30pm, 5:30pm, 6:30pm, 7:30pm

Call 905-439-3530 to book your spot-limited space available!

Special Offer - just \$39.99 + taxes



For more information:

Call: Debbie (905) 439-9530 or Christy (905) 925-1560

E-mail: Debbie@heartlandequestrian.ca or christy.yoga2you@gmail.com