

# Top Cat Farm



*"Home of Equi-Yoga"*



## **The Merger of Minds A Unique Clinic**

**Through feel and thought learn the balance within for you and your horse.**

Bettina Drummond and Marty Whittle combine forces to offer a unique clinic combining the art of Classical French Dressage and the discipline of Yoga. Learn to find the balance within to unlock both horse and rider. This unusual clinic is designed to tap into how horses speak to us through their bodies and to help the rider insert themselves into the art that is the horse.

Internationally recognized, Bettina Drummond, will work with students in hand and mounted, helping each student find the right combination of exercises for developing balance, drawn from her years of experience in the French Academic Tradition.

Marty Whittle ARIA Certified and Yoga Alliance 200hr RYT as well as the author of "Yoga on Horseback" will guide students on the mat and through mounted Equi-Yoga (tm) exercises to a more open and relaxed state through the use of breath, visualization and movement.

Please join us in this joyous experience of unlocking both horse and rider on Nov 6<sup>th</sup> and 7<sup>th</sup> at Top Cat Farm. Killingworth, CT. Call 860-663-2810 for applications and reservations.

**Marty Whittle**  
Owner/Trainer ARIA Certified  
860-663-2810

**Sonata Webb**  
Barn Manger/Assist. Trainer  
585-690-7826

**91 Parker Hill Ext., Killingworth, CT**  
**[www.topcatfarms.com](http://www.topcatfarms.com)**