

by YJ Editor | Feb. 12, 2010

Horse Stance?

Some people thought it was a stretch that yogis have started including their dogs in some classes. But now animal lovers have even found a way to share the practice with their barn-dwelling four legged friends. That's right! Yoga for horses!



Tucson yogi Gloria Hester uses her expertise in yoga, horses, and Hanna Somatics to help heal injured horses, reports the Tucson Citizen. While the yoga Hester teaches to horses is not the same kind of asana-focused yoga you'd see in a yoga studio, it has helped at least a few horses deal with pain. "If yoga is a practice of consciousness, (and I believe it is), then in that sense, the horse is definitely practicing 'yoga' in the truest sense of the word," Hester told The Citizen.