



EQUINE THERAPY

ASHVA YOGA

'ASHVA' IS SANSKRIT FOR HORSE, SO ASHVA YOGA BASICALLY MEANS HORSE YOGA, OR EQUESTRIAN YOGA. EQUESTRIAN YOGA INTEGRATES AN ANCIENT TRADITION INTO MODERN LIFE, DEEPENING ONE'S CONNECTION WITH BOTH ONESELF AND ONE'S HORSE BY COMBINING THE PRINCIPLES OF YOGA WITH THE MOVEMENT AND ENERGY OF THE HORSE.




With poses practiced both on and off your horse, you'll find improved strength, flexibility, and balance. The yoga poses are specifically geared towards the athlete's body, and include hip openers, shoulder stretches, deep twists, and lateral stretches. Stretches designed for the horse mirror those for the athlete.

Breathing with intention brings clarity and awareness to your own body while strengthening the bond with your horse. Equestrian Yoga compliments any riding discipline and is suitable for horses and riders of all ages and abilities with no previous yoga experience required.

Danny Chapparo, the founder and owner of Ashva Yoga, is a Yoga Alliance E-RYT certified teacher. She provides equestrian yoga clinics in the greater Denver, Colorado area and hosts yoga and equestrian yoga retreats. Her teachings with step-by-step instructions, as well as modifications and variations, make equestrian yoga accessible to all.

Both yoga and riding are timeless studies – explorations of self-discovery and growth. “We, equestrians, work super hard to be a good horse mom or dad, constantly developing our knowledge and skills,” says Danny. “Practicing Equestrian Yoga is another opportunity to gain more knowledge about ourselves, our own energy, our strengths, weaknesses, and imbalances, physically and mentally. It’s part of becoming the best partner we can be to our horses; it’s advancing our horsemanship skills”.

She adds, “Unlike a horse show where athletes compete against each other, practicing Equestrian Yoga together with other riders builds a powerful supporting community, where we all want the best for our horses and ourselves. You don’t come to an Equestrian Yoga practice to “show off” your horse; you come to connect deeper with your horse and to build more trust in each other.” 

About the Author:

Danny is the co-author of the book Equestrian Yoga - Yoga with, on, and for your Horse, which was the winner of the 2021 EQUUS Winnie Award and the 2021 Living Now Book Award. She was a clinician at the Rocky Mountain Horse Expo and a two-time presenter at the Yoga Journal LIVE! in Estes Park, teaching Equestrian Yoga. Danny was featured in a podcast with RAMM Horse Fencing & Stalls, speaking about her own journey into Equestrian Yoga. She was also featured in Equine Journal and Horse Illustrated magazine with ‘Mind-Body-Horse’. She was a speaker at the National North American Trail Ride Conference (NATRC) in Denver and the Parker Elizabeth Riding Club (PERC).

If you wish to contact Ashva Yoga for more information or to host a clinic at your facility, reach out to info@AshvaYoga.com or check out the website www.AshvaYoga.com.