

Professional Development Seminar Featuring Pernille Hogg

EQUESTRIAN VICTORIA
COACHING COMMITTEE

THURSDAY 26 MAY 2022 7:30PM
ONLINE VIA ZOOM



EXHALE

GRAVITY YOGA AND
BREATH TRAINING
FOR THE MODERN
DAY EQUESTRIAN



About the Seminar

The Equestrian Victoria Coaching Committee presents this Professional Development online seminar to be hosted by Pernille Hogg.

- ? Do you want to improve your riding position?
- ? Do you want to improve not only your physical self, but also your self awareness?

Then **Exhale Gravity Yoga** may be for you!

Cost: \$20

BOOKINGS OPEN NOW

<https://www.trybooking.com/BZACZ>

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