

**Who:**

**Dr. Hannah Evergreen** started Evergreen Holistic Veterinary Care (EHVC) in 2004 as a mobile equine practice based out of Monroe, WA. She became certified in Veterinary Acupuncture in 2005 and AVCA Chiropractic in 2006. EHVC expanded and Dr. Brad Evergreen opened a small animal clinic in Monroe in 2008. In September, 2010, EHVC opened an equine rehabilitation facility a few miles from the small animal clinic.

This new 80 acre facility allows Dr. Hannah to take on short and long term veterinary rehabilitation cases and makes utilizing frequent intervals of acupuncture, chiropractic, stretching, massage and other forms of healing and physical therapy feasible. It also gives her a beautiful and peaceful location to hold teaching and bodywork clinics for clients and their horses.



**Evergreen Holistic Veterinary Care  
Presents:**

**Equine Yoga and Fitness  
Classes:**

**with Dr. Hannah Evergreen**

*Providing high quality holistic veterinary healthcare to the animals of our community through integrity and compassion.*



**Evergreen Holistic Veterinary Care, inc**

Small Animal Clinic  
14711 Fryelands Blvd  
Suite B 187  
Monroe, WA 98272

Equine Facility  
9812 215th Ave SE  
Snohomish, WA 98290

360-794-8387 ~ [www.evergreenholisticvet.com](http://www.evergreenholisticvet.com)

## Equine Yoga and Fitness



### What:

A 1 hour Equine Yoga and Fitness class for you and your horse! After an in hand (or round pen) aerobic warm up, Dr. Hannah will teach and demonstrate stretch exercises that can be used in a 20 minute yoga routine for your horse. The goal the yoga and fitness classes is for you to learn how to safely and effectively stretch your horse. This will allow you to get into a practical yoga routine that you can practice at home with your horse.

### Why:

Stretching and fitness are the key to injury prevention and treatment and are beneficial for mind, body and soul. This routine can be used to improve the health and wellbeing for you and your horse. It can also be used to improve balance, harmony, suppleness, and it's fun! During bodywork treatments, Dr. Hannah is often taking a few extra minutes to teach clients helpful stretch exercises they can do with their horse as 'homework' between bodywork sessions. This class focuses on teaching you these important exercises and making a custom yoga routine for your horse.

### When:

Come weekly, monthly, or as needed!

Classes are offered weekly, usually on Saturday mornings from 9-10 am, however times/days may change periodically. Please call the clinic to sign up and check times/dates.

### Cost:

\$150/month or \$50/class

\*space is limited, 15 people/horses maximum per class. Call EHVC to sign up: 360-794-8387.

### Details:

\*You are encouraged to haul in for each class or board your horse at our facility to get started into a yoga routine. You will find that coming to these classes will help nurture the bond you have with your horse and keep your horse supple, sound, and happy.

\*If you do not have your own horse or your horse is not ready for this type of program but you are ready to learn, then we encourage you to sponsor a rescue horse for a few months. Please contact Dr. Hannah for details on sponsorship programs.

\*You can arrange to come early and ride in our indoor arena first and/or stay late for a short wooded hiking trail loop. You can also schedule to coordinate bodywork treatments for your horse with Dr. Hannah when you haul in for yoga and fitness classes.

