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FOR IMMEDIATE RELEASE

Jenstar Yoga to help children with disabilities

May 1, 2014, De Pere, WI — Yoga can be therapeutic in more ways than one. Yoga instructor Jennifer Berres will host “Yoga for a Cause” Sunday, June 1st to raise awareness and support for a tremendous resource for kids with special needs. Jenstar has teamed up with Exceptional Equestrians.



Emersyn Johnson is delighted to sit atop a therapy horse at Exceptional Equestrians

“When I learned about Exceptional Equestrians, I knew this was a cause I wanted to get behind,” said Berres. “It’s a place where kids with disabilities feel special. They get to have therapy on horseback. It makes them happy.”

This is the launch of a new series, “Yoga for a Cause.” Anyone age ten and older can attend 5:00 p.m. Sunday, June 1st at Jenstar Yoga and Dance, 365 Main Ave. in De Pere. Parking and entrance are located in the back of the building. Admission is a suggested \$10 minimum donation at the door for a one-hour yoga class.

“Exceptional Equestrians is the perfect cause to kick off our monthly series,” said Berres. “Yoga is relaxing and helps our bodies become stronger and more flexible. Therapies on horseback have similar benefits for kids with disabilities. Mark your calendar and join us June 1st.”

Founded in 1999, Exceptional Equestrians provides therapy services to children, teens, and adults throughout Northeast Wisconsin. Certified therapists oversee hippotherapy, therapeutic riding, adaptive riding, and equine-assisted learning programs designed to positively impact cognitive, physical, emotional, and social well-being. The non-profit organization located in De Pere serves over 100 individuals annually with its team of experienced staff, volunteers, and 14 therapy horses. For more information about Exceptional Equestrians, visit exceptionalequestrians.org or call (920) 347-3174.

