



On a beautiful Fall afternoon, my husband "Pit" and I had the pleasure of being invited to the Forgotten Angels Equine Rescue Farm. "FAER" was founded in 2012 by *Darlene Supnick and Lisa Draharod* after they became aware of the number of horses being sent to slaughter. Volunteer run and 100% donation based, FAER is the only horse rescue in

Burlington County NJ, in the town of Medford. *"Their mission is to rescue horses from slaughter auctions and negligent situations, They also provide public awareness through events and fundraisers.* Since their founding they have rescued over 350 horses".

Sheila Watko of NBC-10, Philly Live- -"Healthy You", visited FAER that day to find out about the many benefits of practicing yoga among horses. I taught a yoga class so the students and the horses could all experience first hand and reap the benefits of yoga! Here is a short video from that extraordinary day that is currently airing on NBC-Channel 10 "Philly Live" with Sheila: <https://www.nbcphiladelphia.com/entertainment/philly-live/check-out-the-health-benefits-of-practicing-yoga-amid-horses/4040176/>