



**-Press Release-**

### **New Horseback Riding Tour: Private Horseback Ride with Yoga “The Lokahi Ride”**

**PRINCEVILLE, Kaua’i, Hawaii (January 26, 2012)** General Manager Patrick Nowak announces several exciting additions to the horseback riding program. First is a new Private Ride with Yoga, called The Lokahi Ride. “*Lokahi* means harmony in Hawaiian. It is a perfect description for this unique three-hour experience, designed to enhance the rider-horse connection. Our Certified Yoga Instructor teaches how to use breath and balance to foster awareness and increase confidence – for both rider and horse. Riders even begin the tour by stretching together with their horses.”

Riders will cross the working cattle ranch to a special interior location, exclusive to private rides. Here they enjoy quiet time with more yoga plus a healthy snack. After soaking up the sweeping scenery, they mount up to ride back through the pastures. As this unique experience draws to a close, there will be ample time for reflection, giving riders the chance to recognize the *lokahi* gained along the way.

In addition, horseback riding lessons are now available on both a private and semi-private basis. Riders as young as four years old can enjoy lessons. “Our longtime Equestrian Supervisor, Eileen Donohue, is the instructor, and she bases her curriculum on the principles of Natural Horsemanship. Her approach involves understanding how horses think and react, which creates a respectful and cooperative relationship.” Students will learn spatial awareness, etiquette and safety. They also can learn grooming, tacking and un-tacking.

Finally, brides and grooms can enjoy a special opportunity for photography with horses. Site rental is now available, affording sweeping views of the scenic ranch interior.

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Home of the “Zip N’ Dip,” Princeville Ranch Adventures offers exclusive ziplining, horseback riding, hiking and kayaking tours on 2,500 acres of a working cattle ranch. These tours access pristine areas that are otherwise inaccessible to the public, including tropical rainforest, jungle streams and waterfalls. Groups are kept small for everyone’s enjoyment. Guides are entertaining and well educated on Kauai’s history, flora and fauna. Princeville Ranch Adventures has been family owned and operated since 1978.

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Photos are available at: [princevillerranch.com](http://princevillerranch.com)

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