

RideAware Rider Intensive Series

Sunday, February 13

River Valley Ranch 9801 E. Millmar Rd.

1 - 4 pm.

Riding With Your Deep Core

Find the ease and flow that can transform rigid, forced riding into a beautiful partnership.

No matter what your riding level, we'll help you build body awareness in and out of the saddle so you can help your horse perform in any discipline with balance and brilliance.



Riders, improve your balance, stability and communication with your horse by learning to access and selectively use your core muscles. You'll learn to "speak" body language more fluently to your horse so you can perfect seat aids that encourage lightness and self-carriage with less effort.

Let us help you learn the biomechanics behind the basic movements – transitions, bend, even lateral work – so you'll understand how your riding can become a light and elegant while becoming easier and more fun. Your horse will love you for it and ride longer with less fatigue.

With this unified approach, any aware rider can gain the body awareness to work better with a horse at any point in his training – without resistance and with excellent results.

Presented by:

Stacey Kollman, Rider Biomechanics Coach
Desert Horse Equestrian Services
www.deserthorseinc.com (520) 762-9124



Jenny Kendall, Equestrian Yoga Teacher
Desert Horse Yoga
www.deserthorse yoga.com (520) 271-6701

Please detach here and mail this form with your payment.

Riding With Your Deep Core Intensive Registration

Space is limited to 6 participants to ensure a personalized, intensive learning experience.

Registration fee \$75 paid by 2/7/11. Pre-registration is required.

Registration is non-refundable except in the following situations: If the clinic is cancelled for weather or it does not fill, your registration fee paid in cash or by check will be refunded in full. Refund minus office fee may be offered in certain emergency situations with prior approval only.

Name _____

Phone Number _____

Address _____

Email Address _____

Check Enclosed

Mail payment to Stacey Kollman, Desert Horse Equestrian Services, 141 W. George Truit St., Vail, AZ 85641