

RideAware Rider Intensive Series

Sunday, March 8

River Valley Ranch 9801 E. Millmar Rd.

9 a.m. - 3 pm.

Lateral Work Made Easy

Find the ease and flow that can transform rigid, forced lateral maneuvers into a beautiful and pleasant flow. Spend a day building awareness in and out of the saddle so you can help your horse perform lateral work with balance and brilliance.

Correct lateral work leads to the unique blend of strength and suppleness required by working horses in many disciplines. Lateral exercises form the basis for soft transitions at all gaits. And the work is critical for creating the balance and stability needed to jump a fence, roll back over the hocks, climb a steep hill or complete a pirouette.

However, many riders avoid lateral exercises because the way they learned to perform the work seems difficult or uncomfortable.



Lateral work doesn't have to be hard for you or your horse. Let us teach you the biomechanics behind movements such as leg yield and shoulder-in so you'll understand how lateral work can become a light and elegant dance.

You'll learn to invite your horse's back to elevate so you can easily guide him forward and through with just your seatbones. You'll achieve more impulsion, balance and lightness with much less effort. Yes, lateral work can be easy!

With this unified approach, any aware rider can help any horse do correct lateral work 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.

Lateral Work Made Easy Rider Intensive Registration

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

Registration fee \$110 per person paid by 2/20/09 or \$125 paid by 2/27/09. Pre-registration is required.

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