

RIDE AWARE

What your horse wants you to know about balance and movement

Attending this intensive workshop will **increase your body awareness** off the horse to help you make the most of your mounted time.



A powerful series of “**horseless riding**” experiences provides you the unique opportunity to experience subtle posture and balance changes **from the point of view of the horse.**



Innovative yoga matwork tailored to equestrians will teach you advanced practices for **stability and flexibility.**

Saturday, July 18
Yoga House at Civano
10 a.m. - 2:30 p.m.

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.deserthorseyoga.com (520) 271-6701

Please detach here and mail this form with your payment.

RideAware Rider Body Awareness Workshop Registration

Space is limited to 12 participants to ensure a personalized, intensive learning experience.
Registration fee \$60 per person paid by 7/1/09 or \$75 paid by 7/10/09. 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