



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.**



Sunday, November 8
Lyric Yoga (Oracle/Orange Grove)
12:30-4 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.deserthyogayoga.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 10/25/09 or \$75 paid by 11/1/09. 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