

# RIDE AWARE

## The Biomechanics of Bareback

What your horse wants you to know about balance and movement



**How can sitting on and moving with a horse's back help you improve your balance and stability in a saddle? Simple.**

Riding bareback puts you right into contact with your horse's movement and removes any question about how your movement and your horse's need to connect for balance and ease. You might find out you have posture and movement habits you didn't realize. And that might help you discover the root causes of persistent riding challenges - ongoing physical stresses and strains in you or your horse or training challenges that seem to linger.

**Sunday, March 20**

**River Valley Ranch  
9 a.m.-noon**

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: The Biomechanics of Bareback Intensive Registration**

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

**Registration fee \$75 per person paid by 3/14/11. 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