

RIDE AWARE

Beat the Heat! Summer Learning Series

Reach for Your Deep Core

What your horse wants you to know about balance and movement before you ride!

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

Wonder how spending an afternoon in air-conditioned comfort can help your riding?

First, **innovative yoga matwork** tailored to equestrians will teach you advanced practices to help you improve both your **flexibility and stability**.



Then, a series of **“horseless riding” experiences** will provide you the unique opportunity to experience subtle posture and balance changes **from the point of view of the horse**.

Sunday, July 10

in the cool comfort of

Yoga House at Civano

1:30-5 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.

07/11

RideAware Reach for Your Deep Core Registration

Space is limited to 12 participants to ensure a personalized, intensive learning experience.

Registration fee \$75 per person paid by 7/1/11. 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
or register online at www.deserthorseinc.com/schedule.htm