

# RIDE AWARE

## Psoas Intensive

**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.

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

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



**Sunday, January 9**  
**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.

### RideAware Psoas Intensive Registration

**Space is limited to 12 participants to ensure a personalized, intensive learning experience.**  
**Registration fee \$55 per person paid by 1/7/11. 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