

Smooth Transitions

Transitions form the foundation of any ride.
Spend a day focused on creating lightness, balance and precision in all your transitions
with less work for you and more self-carriage from your horse.



Find stability in your body to initiate and move with all your horse's gait changes easily.

Explore posture and movement habits that can cause your horse
to push through your aids or drop behind your leg in upward and downward transitions.

Experience the clear communication of "talking" to your horse with your seat.

*With this unified approach, you can learn new strategies
to build transitions from the hind end (yours and your horse's)!*

Willow Woods 3312 N Riverbend Circle E.

Sunday, May 3

9 a.m. - 3 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.deserthorse yoga.com (520) 271-6701

Please detach here and mail this form with your payment.

Smooth Transitions Rider Intensive Registration

Space is limited to 6 participants to ensure a personalized, intensive learning experience.
Registration fee \$110 per person paid by 3/12/09 or \$125 paid by 3/19/09. 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