

Sit the Trot With Ease

Find the stability and ease that transform sitting trot maneuvers into a beautiful and pleasant flow. Spend a day building awareness in and out of the saddle so you and your horse can achieve balance and brilliance.

Sitting trot work forms the basis for movements required by working horses in any discipline. A stable and effective sitting trot generates supple gymnastics, elegant lateral work and soft canter departs.

Sitting the trot can be freeing rather than frustrating for both horse and rider. Discover the stability and freedom of balance in motion with this unifying body/mind-centered approach.



In this intensive clinic, you will:

- 1) Learn to lift core muscles to initiate a light and elegant dance
- 2) Elevate your horse's back to provide a place for you to sit comfortably
- 3) Understand the biomechanics in your body that make it easy to encourage your horse carry a trot that is balanced and beautiful.

**With this unified approach,
you can learn to sit any horse's trot effectively and comfortably!**

Sunday, October 5
9 a.m. - 3 p.m.

Stacey Kollman, Rider Biomechanics Coach
Desert Horse Equestrian Services
www.deserthorseinc.com (520) 762-9124

Presented by:



River Valley Ranch
9801 E. Millmar Rd.

Jenny Kendall, Equestrian Yoga Teacher
Desert Horse Yoga
www.deserthorseyoga.com (520) 271-6701

Please detach here and mail this form with your payment.

Sit the Trot With Ease Rider Intensive Registration

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

Registration fee \$125 per person. Pre-registration/payment is required by 9/20/08.

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