



Centered Riding Clinic at Mar Val Stables

Topic of this clinic: How To Ride From Your Core

What does it really mean to ride from your core and be centered and balanced in the saddle? At this **Clinic**, you will learn how Centered Riding can transform subtle things in your riding in a profound way. - Improve your riding at your level!

Unmounted and ridden exercises in group riding lessons in the morning will increase your body awareness. Bring your yoga mats!

Private lessons in the afternoon will fine-tune your experiences. It will help your riding, exactly where you are at.



Sunday, July 8

Early Bird: \$175 for the entire clinic,

After June 20: \$195

Participation without your horse: \$35

Carla Bauchmueller

- Centered Riding Clinician, certified by Sally Swift since 1994
- Licensed Trainer in the prestigious and rigorous German System for 28 years
- Yoga and Meditation Instructor

For more information and to sign up, please contact Nannette (209) 327-2265, ntoshrobb@sbcglobal.net or Carla at (510) 423-1936, cb@cb-riding.com.