

Equestrian Clinic and Workshop
Daniel Stewart – Author and
USET Sport Psychology and Biomechanics Coach
HOSTED BY KENT PONY CLUB
CALL 860-927-1464 or e-mail garrity@charter.net
For more info or to reserve
MOUNTED OR NON-MOUNTED CLINIC

Workshop (Non-Mounted):

Balance & Biomechanics

This workshop is uplifting and lighthearted. Taught by Coach Stewart to his U.S. team members as well as thousands of riders around the world (from novice to advance), This workshop focuses on rider symmetry, balance, posture, breathing, suppleness, body awareness and fitness. It discusses their importance, factors that lead to imperfections and ways to correct them. The remainder of the two-hour workshop is spent teaching horseless exercises (with the aid of a special *balance board*) that have been designed to diagnose and correct a rider's mounted imperfections

Friday September 23, 2005

\$15.00 pp (pony club members) \$25/pp non members

7:00pm 9:00pm

Includes book signing, Book and equipment available for purchase

Location: Kent

Mounted Clinics:

Position Analysis Clinic – This clinic will focus on balance, posture, confidence, body awareness and symmetry. Riders will be video taped. This unique and enjoyable clinic teaches riders to improve their eye, judge distances (spotting) and confidently adjust their horse's stride to meet a spot. 30 minute video taped ride w/ analysis, Semi private follow up lesson included. **\$160**

Blind Riding Clinic- The goal of this 90 minute clinic will be to improve riders balance, decision making processes and communication with horse. Riders will be given a series of unique mounted exercises that are performed with their eyes closed! **\$95**

Private lessons (limited availability) **\$170**

Group Lessons **\$115**

Saturday September 24

From 9:00am - 6:00pm

Location:

Mistover in Pawling NY

- **Pony Club Members Discount – call for details**

For more info on Daniel Stewart or the clinics visit:

www.riderightnow.com