

# NEW Clinic Option: Yoga & Fitness for Riders



## featuring:

'Gallopingyoga.com' owner and yoga teacher **Louise Sattler** & Rider Fitness specialist, **Heather Sansom** of Equifitt.com

*"When horses and humans come together, there exists great potential for growth on many levels. This is the gift that horses offer people without asking for anything in return. Horses serve as mirrors of the energy that we exude, reminding us to be present in every moment."*

**Louise Sattler**

## Clinic Description

*Ride better by using your mind and body more effectively. Achieve the balance in yourself, and harmony with your horse you need to reach your riding potential. Get the self-carriage you expect of your horse. Be the leader he needs you to be.*

**Part One: Unmounted Workshop 3.25hrs** The unmounted workshop time will be divided into two 1.5hr segments. Riders and auditors will learn principles of rider fitness and have an opportunity to participate in an exercise workshop, hands-on. After a short break, the second segment will introduce riders to yoga principles for riding, and participants will practice yoga. Auditor participation in the unmounted workshop depends on space available at the hosting facility.

**Part Two: Mounted Practice & Evaluation:** Riders will have an opportunity to work with Louise through their tacking up time, and small group ride. While riders are working with Louise, Heather Sansom will observe riders for fitness evaluation. Fitness evaluation is based on rider biomechanics, and assessment of areas of focus for each riders' cross-training. Riders will receive individual exercise recommendations. Feedback is provided to riders towards the end of the riding time, and auditors are welcome to observe. Small groups are limited to a maximum of 6 riders. The clinic is limited to a maximum of 12 riders.

A concluding part of the clinic will provide riders and auditors alike an opportunity to ask questions, and to integrate the concepts discussed and shown in the clinic. Participants should bring exercise or yoga mats, fitness balls and handweights in order to participate fully in the unmounted workshop. *The clinic is suitable for all fitness levels, riding disciplines and abilities. This Clinic can be done in a two-day format to encourage riders to apply principles and exercises from Day One, or as a shorter unmounted workshop.*

*For more information or to book a clinic or workshop at your facility, contact:*

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**EquiFITT.COM**