

Brazos Association for Classical Horsemanship
presents

Centered Riding Clinic with Susan Harris

March 18–20, 2011

at

Brazos County Expo Center
Bryan, Texas

Sponsored by The Dressage Foundation and Austin Dressage Unlimited

This clinic is open to all disciplines of riding!!

Centered Riding is based on understanding how the mind affects the body and how both affect the horse. It employs knowledge of human and horse anatomy, balance, movement, and centering and grounding techniques from the oriental martial arts. Body awareness, mental imagery, and sports psychology techniques help riders get in touch with how their bodies work and how to change old habit patterns, enabling horses and riders to work more freely and comfortably and develop their best performance.

Centered Riding teaches you how to use your body better in everything you do. As you learn and experience the principles through your horse's motion and responses, you and your horse tune in to each other and work together in harmony. These techniques can help release tension and change old habit patterns in horses and riders, making training easier and riding more enjoyable for both horse and rider. They can also help people cope with old injuries or chronic conditions that cause pain during or after riding. Best of all, it's fun!

Friday evening Anatomy in Motion Demonstration and Lecture - This fascinating presentation shows in living color how the horse's bones and muscles work in motion. It includes slow-motion studies of walk, trot, canter, jog, lope and gallop; what created good and poor movement; how to help your horse move better, and much more.

Saturday and Sunday Clinic - each day will start with a groundwork session for all riders along with a mounted session.

	<u>BACH/ADU/Pony Club</u>	<u>Other</u>
Auditor Fees		
Friday Demo/Lecture Only	\$10	\$10
Saturday and Sunday Clinic	\$25	\$50
Friday, Saturday, and Sunday	\$30	\$50
Rider Fees	\$200	\$250
<i>Rider applications due January 15</i>		

For more information, visit www.bachdressage.org or contact Ashley Wesp at awwesp@hotmail.com

