

Edgewater Farms presents

THE PATH TO PERFORMANCE

with Stefanie Reinhold

3 part Series \$145.00 each session

Space is limited to 10 riders/preference will be given to registration for the whole series.

to register: Jackie@edgewaterfarms.com

Part 1: Releasing Tension & Restriction May 7th

Tension & Restriction prevent many horses from reaching their potential and enjoying their work. Learn how to promote physical and mental relaxation in your horse as the basis for optimal performance. Includes light bodywork exercises, a look at horse-rider interaction, the rider's seat, saddle fit and bit choice

Part 2: Creating Suppleness June 18th

Stiffness, rigidity and bracing patterns stand in the way of building an athletic horse that moves comfortably through his range of motion in his back. Includes rider exercises, a closer look at the horse's TMJ and rein contact, ridden exercises in a group.

Part 3: Gymnasticizing for Wellness (& Performance) October 8th

Gymnasticizing is the systematic development of strength, agility, and endurance in the horse. Includes presentation "The Why & What of Gymnasticizing", a look at horse body types, group riding lessons, template for individual plans.

9A.M.-4:00 P.M.

location

N638 County Rd. X Berlin Wi 54923

for more information about Stefanie www.reinholdshorsewellness.com