

Waltzing With Your Horse

An Interactive Workshop To Help Riders Move in Partnership with Their Horses

Sunday, March 21st 1:00-4:00 PM at Sterling Farms, 1160 Little Gopher Canyon Road. Vista, CA 92084

Come join an amazing team of equestrian and human fitness trainers for a three-hour interactive workshop guaranteed to enhance your sense of balance, timing and feel when riding your horse.

This un-mounted workshop will demonstrate concepts, movements and exercises that will be demonstrated and taught to be practiced off the horse to improve balance, feel, and timing while riding on the horse. You will discover better ways to connect with your horse by incorporating exercises from a number of disciplines. Whether you ride Western, English or simply ride for pleasure, you will benefit!

Your instructors for this multi-disciplinary workshop are:

Sue Eoff: United States Dressage Federation Certified Instructor/Trainer. Sue has studied and taught dressage for over 35 years in both the US and Europe, as well as competed in endurance riding including the Tevis cup and winning the NATRC President's Cup. Intertwined with dressage, Sue is a nationally ranked ballroom dancer. She magically combines her talents in both riding and dance to understand what is needed for partnership between rider and horse. To learn more view her website at www.waltzinghorses.com.

Janelle Robinson: Janelle is a licensed physical therapist at the Shea Center in Orange county. As an American Hip-therapy Registered Therapist, she works with all ages and understands the unique challenges of the human body working in concert with the horse. An avid equestrian, she is also a graduate instructor of the Balimo program. For more information on the Shea Center visit www.sheacenter.org.

Trish Evans: Trish is a full time licensed Physical Therapist Assistant with the Shea Center and is a Certified IFPA Personal Trainer for 12 years. Trish specializes in health and fitness with individuals with health/post rehab considerations. She works with both clients at the Shea Center and has a home-based fitness training practice. An avid equestrian, she is trained in the Balimo method.

Karen Henken: Karen is a Certified Team Leader with RenuHealth. Karen trains clients on ways to improve their nutrition to maximize their energy and improve their long term health. An avid equestrian, Karen experienced several serious riding accidents over a 10 year period. Determined to continue riding, Karen's successful efforts to improve her own health and stay "sound" in the saddle inspired her to help others achieve the same. For more information on RenuHealth visit www.renuhealth.org.

Come in workout clothes, bring a mat and enjoy!

There is no charge for this event, but a \$10 donation at the door on behalf of the Shea Center Therapeutic Riding Program would be most appreciated.

PLEASE RSVP TO Karen Henken at karen@henken.com. Questions about this program can be directed to Karen at 760.271.5413/karen@henken.com or Sue Eoff at 916.798.2954/eoff@waltzinghorses.com. In the case of rain, please call.

This event is sponsored by Performance Horse Supply and
USANA Independent Associates Sue Eoff, Karen Henken, and Lisa Blaufuss