



Austin Dressage Unlimited Presents

Dressage Bodywork Workshop II "Complementary Methodologies"

August 9, 2009 9 - 11 am
County Line Equestrian Center
Hutto, TX

Second in our series of "bodywork workshops" for riders and horses. The purpose of this series is to introduce several different complementary methodologies at a time to our ADU members and friends. These are things that can fill in the missing pieces or add to a basic, traditional, classical dressage training program. They can make the athletic partnership better between the horse and rider, complementing the training system that is already in place.



This Aug 9 Workshop will feature demonstrations of:

Centered Riding

A way of re-educating the rider's mind and body to achieve greater balance in order to better communicate with the horse

Ride Right

Balance your frame and frame of mind with an unmounted workout and Sport Psychology system

Acupuncture

A holistic Chinese approach to health that rectifies systemic imbalances

Come wake up with coffee, croissants, cinnamon rolls, and other yummy brunch items. Enjoy the talks and demos, and find out for yourself what these methods are all about. Start your day off right by learning something new!

Please RSVP to: lynn@satori.com

Let us know you are coming and what brunch-type goody you plan to bring. Please remember to bring a chair.

Workshop attendance fees: ADU Members - \$5
(to help fund future ADU events) Non-ADU Members - \$10

"Promoting education in the Dressage community while encouraging advancement towards goals through a mutual support among friends."