



Austin Dressage Unlimited Presents:

**Dressage Bodywork Workshop I  
"Complementary Methodologies"**

August 2, 2009 5:30 - 8:00 p.m.  
Kay Skillern's stables, (south) Austin, TX

Have you ever heard someone say they're doing a technique for themselves or their horse and you wondered, "What is THAT?" Well, now, in the company of friends, you have a chance to find out about several of these different complementary methodologies.

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. Some of these methodologies address just one aspect of the total picture, while some are comprehensive, encompassing the horse, the rider, and the training system.

Come enjoy the talks and demos, and find out for yourself what these methods are all about. Please bring some finger food for the necessary grazing table.

This Aug 2 workshop will feature:

Balimo Program (Balance in Motion)  
TTEAM (Tellington Touch Training)  
Equine Massage

ADU is planning a series of these "bodywork workshops" for riders and horses, with the purpose of introducing several different complementary methodologies at a time to our ADU members and friends. This one will be our first, followed by another on Aug 9 (details to come). See you there!

Please RSVP by Monday July 27 to: [lynn@satori.com](mailto:lynn@satori.com)

Let us know you are coming and what snack you plan to bring.

Please remember to bring a chair.

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



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