



Austin Dressage Unlimited's  
**Dressage Seat Symposium**  
&  
**"High Tea"**

presented by Nancy Fair  
USDF Gold Medalist & L Program Graduate

Sunday, June 6, 2010

Symposium 1- 3 pm      High Tea 3 - 5 pm

Fair Oaks Farm 1001 Brownson Lane (CR193) Dripping Springs, TX

*The Dressage Seat Symposium will begin indoors with a lecture and illustrations, concentrating on the effects of the seat in both proper and improper positions. We will then move outdoors for live demonstrations. Exercises to improve balance will be shown with a rider on a lunge line. This will be followed by another rider working independently on their horse. Emphasis during this Symposium will be on how the balance of the rider can be improved, and the importance of maintaining the proper overall position while riding.*

Space for this special Symposium & High Tea may be limited, so please reserve your spot early.

Please RSVP by June 1 to:

Nancy Fair at [NancyFairDressage@ME.com](mailto:NancyFairDressage@ME.com)

Symposium & High Tea Fees:

ADU Members:    \$10                      Guests:    \$15

[www.AustinDressageUnlimited.net](http://www.AustinDressageUnlimited.net)



**High Tea 3 - 5 pm**  
The term "high tea" refers to an afternoon tea or a tea party, a social gathering in which tea and little snacks, cakes, breads, and pastries are served on good china. Fancy hats are worn by the ladies, and the pinky finger must be held higher than the teacup while drinking.

