

# FULL CIRCLE STABLES (PALM CITY) PRESENTS:



## OPEN CENTERED RIDING CLINIC

FEBRUARY 4-5, 2012

FEATURING :  
**JUDITH CROSS STREHLKE LEVEL IV**  
ADVANCED CENTERED RIDING INSTRUCTOR

### What Is Centered Riding?

A simple way to learn “**how to**” do something when your instructor tells you “**what to do**” using visual images and movement techniques including Alexander work, Tai Chi, and breathing exercises.

### Who can use Centered Riding?

Centered Riding Techniques impact all disciplines in riding; Western, Trail Riding, Dressage, Jumping and Therapeutic Riding. It will improve your horse’s calmness, balance, and movement by increasing each rider’s awareness and dynamic balance.

- ✳ Improve your sitting trot!
- ✳ Improve your horse’s canter!
- ✳ Overcome Nervousness and Fear!
- ✳ Ride without pain!

Judy has been teaching Centered Riding for over 20 years and has trained extensively with Sally Swift since 1980. She travels all over the US working with riders of many disciplines and levels. She rides Dressage and Western and specializes in Rider Imbalance, Therapeutic Riding, and in training young horses. Judy is an Advanced Instructor for the PATH INT and an instructor evaluator. She runs her own four seasons Equestrian Center in Central Maine with her husband Bob where they offer adventure challenges for youth and wilderness trail rides.

### Format & Fee

Morning unmounted body work and personalized mounted sessions to follow. Clinic limited to 8 riders @ \$195 each. Food and refreshments provided. Auditors welcome @ \$25/day. Reservations required by February 7. School horses and limited stabling also available. Private lessons may be available.

### For more information

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