

1-Day ReBalance Interactive Riding Clinic

Improve your Balance, Improve your Ride - with or without your horse!
Classically-based Balanced Riding for All types of Riders

1-Day Clinic: Cool, CA – (Sat) December 12, 2009

1-Day Clinic: Jackson, CA – (Sun) December 13, 2009

Individual lessons scheduled: (Mon) Dec. 14 & (Tue) Dec. 15



Whether you ride trails, show dressage or rope cattle, success starts with the horse & rider in balance. In balance, a rider and horse move together in unity, not having to fight gravity. In balance, rider requests become quieter, softer and resistance-free. In balance, the horse can respond willingly and fluidly.

Both **Auditors & Riders** get exceptional hands-on time with Zsuzu to learn improved balance in a step-by-step practical approach towards that elusive goal of one-ness with their horse.



ReBalance clinics focus on effective partnership between horse and rider. This begins with understanding the biomechanics of horse movement, and then adds the science of effective aids.

Regardless of discipline or saddle style, horses need to be ridden with engagement. This allows the horse's muscles to relax and work effectively with natural motion in all gaits. It also allows the rider to ride comfortably. This approach leads to balance and the feeling of harmony that we all search for, whether riding for recreation or competition.

Format: The 1-day clinic begins with on-the-ground exploration of balance, effective aids, and how to get beyond resistance. Riders and Auditors will practice horseless exercises to improve balance, feel and biomechanics. This is followed by individual Lessons where riders will feel, build-on and solidify newly acquired knowledge. Between riding lessons, participants discuss issues that arise, and practice more on-the-ground exercises.



Zsuzu's clear explanations help riders learn how to improve their horses. She will address common issues including **tightness**, **resistance** and **crookedness** in horses, and the same in their riders.

Her supportive approach helps riders get their desired responses more easily while avoiding the many pitfalls we fall into when we feel stuck but need to get a horse to respond.

***Zsuzu Illes:** Her ultimate focus is on softness, lightness and harmony between horse and rider, regardless of breed, discipline or saddle style. Taught and mentored by international clinician and author Charles de Kunffy (CharlesdeKunffy.com), as well as many other clinicians and master horsemen.*

(www.ReBalanceSaddleFitting.com)

Clinic Sponsored by: Saddles That Fit! www.saddlesthatfit.com 209-245-3789

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Cool, CA – Sat., Dec. 12 - American River Ranch, 3320 Highway 49, Cool, CA 95614

Jackson, CA – Sun., Dec. 13 - Miracle Mountain Ranch, 10230 Tabeau Rd., Jackson, 95642

PARTICIPANT REGISTRATION FORM

Name _____

Address _____

Clinic Date: _____

Phone _____

E-Mail _____

PLEASE READ CAREFULLY

This format is limited to Five Riders and 12 Auditors. Registrations is "first come, first served". If you must cancel, your registration will be returned only if your space can be re-filled. If the Clinician must cancel, registrations will be fully refunded. Clinic is rain or shine. The arena is covered.

The 1-day format is 8am – 4pm. A Morning group discussion with exercises will introduce foundation skills. Then each rider will work individually with the instructor. Auditors and Riders will discuss issues as they arise during and between rides. All day participation is encouraged for optimal learning

Zsuzsu will be available for individual lessons for two days following the clinics. Those who desire to advance the work started in the clinic can sign up at \$85/hour or (\$75/hour if signed up in advance).

<u>CLINIC DETAILS & FEES</u>	<u>#</u>	<u>Amount Due</u>
1 – Day ReBalance Clinic Rider: \$100	_____	_____
1 – Day ReBalance Clinic Auditor: \$45	_____	_____
Individual Lessons (Cool) Mon, Dec 14: \$85 (\$75 pre-scheduled)	_____	_____
Individual Lessons (Jackson) Tue, Dec 15: \$85 (\$75 pre-scheduled)	_____	_____
Total Due		_____

MEALS: There are several restaurants and stores about 10 minutes away. But we recommend you bring your lunch so you can eat lunch with Zsuzsu and learn more. Please bring your own chair. **NO DOGS ALLOWED. NO SMOKING.**

MAKE CHECKS PAYABLE TO: Susan Hartje, Saddles That Fit!

MAIL TO: 17121 DeMartini Road, Plymouth, CA 95669

CONTACT: saddlethatfit@earthlink.net or (209) 245-3789

Thank you! We look forward to riding with you!!