



Revolutionise the way you ride **forever**

4 HOUR UNMOUNTED WORKSHOP

Join exercise specialist Lisa Champion for this dynamic and interactive workshop.

- ✓ Learn how to Identify your postural habits
- ✓ Find balance in your body
- ✓ Become more stable
- ✓ Stretch your stiff bits
- ✓ Strengthen your weak bits
- ✓ Control your wobbly bits

The principles and riding specific exercises you will learn will inspire a whole new way of thinking about how your body moves. You will stand taller, sit straighter, feel more energetic and best of all, your riding will improve!

WORKSHOP INFORMATION

When: 28 – 29 August 2010

Where: Canberra Riding Club - Corner of Barton Highway and Randwick Rd, Lyneham, ACT

Time: Saturday 1 – 5 pm OR Sunday 9am – 1 pm

Cost: NCEC/CRC members \$120, non-members \$130, RDA and Young Riders (18 and under) \$100.

Includes comprehensive notes, tea/coffee and light refreshments

TO REGISTER

Contact Amy Little on 0418 458 982 before 9 pm, please. Full payment required to confirm booking.

For further information contact Lisa Champion on lisachampion@champion.net.au or

ring Lisa on **0408 460 518**.

FEEDBACK FROM PREVIOUS WORKSHOP PARTICIPANTS:

"A must for all riders – I try to do Lisa's exercises every day and my coach has noticed a significant improvement in my position."

Sue Bright FEI Judge & Judge Educator

"After I attended Lisa's workshop in Brisbane I told my students the next time she came to Queensland they had to attend!" I am keen to revisit all I learnt with her again – it is so important."

Liz Gatti EFA/NCAS Level 2 coach Dressage Specialist

Spaces are limited, so call now to reserve your spot!

Riding
FROM THE
Inside
Out