Body Awareness Clinic & Interactive Workshop for the Equestrian Athlete

Presented by Jennifer Malott Kotylo
Sunflower Farms, Bristol, WI
April 25-27, 2014

This clinic will focus on how you can enhance your own body awareness and see how subtle changes in your body can have a powerful impact on your effectiveness as a rider.

Learn how to apply basic Body Awareness Techniques to improve your riding and overall well-being that will help you obtain:
- long, lean muscles,
- fluid, controlled movement,
- independent leg and arm mobility,
- relaxed mental state and
- proper alignment.

Discover how to:
- keep yourself still without blocking your horse,
- connect your half-halts to your core,
- hold without pulling and
- keep your lower legs from wobbling.

Jennifer developed a passion for body awareness and biomechanics while pursuing her lifelong quest of FEI level dressage riding. She is a certified Core Dynamics Pilates Instructor, certified Equilates teacher and certified Balimo practitioner. “My goal now is to use my knowledge to help others fulfill their physical dreams, be that sitting the trot or running a marathon.”
Clinic Format

April 25, 6-8 pm, Friday evening – 6-8PM: Interactive Workshop/Floor Session 8:15PM: Dinner*. Sunflower Farm Welcome Center, upstairs conference room. Friday dinner will be at Route 45 restaurant.* Riders are required to attend Interactive Workshop/Floor Session.

*Please bring cash to cover your meal cost

April 26-27, 8 am, Saturday and Sunday - Riding warm-up Floor Session, with lessons to follow.

Pricing:

Riders - $300 Includes Friday Workshop/Floor session, 1 ride Saturday and 1 ride Sunday + Sat/Sun morning warm up - Lunches on Saturday/Sunday included.

Floor Session only participants - $10 each. Get your moves on and join the riders for a fun and interactive session at 8AM Sat/Sun. Lunch not included.

Auditors* - $25 per day, or $40 for two days (Includes Sat/Sun AM floor sessions and watching the riding clinic) when registered. Non-registered auditors are $35 per day or $60 for both days.

*Lunch not included.

Rider and Auditor Registration Forms can be found at:
http://www.sunflowerfarms.com/

Sunflower Farms:
19000 128th Street
Bristol, WI 53104
262-857-8555

Please contact the farm directly for stabling information.

For further information on Jennifer, please visit www.jenniferkotylo.com

For clinic details, please contact Deidre Vergeer at 414-745-9449 or boughtthefarm7@yahoo.com or Shaina Feldman at 262-857-8555 or Office@Sunflowerfarms.com Attn: Shaina.