



4th Annual Equine Align Rider Refine Clinic Oct. 13-15th, 2023

- Presented by Dr. Amy Resler, DPT, CMP, CSCS, CERP and
- 4-Star Senior Parelli Professional Margit Deerman
- (Margit has been teaching and studying natural horsemanship for 26 years. Her focus is to help students learn how to communicate with horses in a way that makes sense to the horse. This means also to help students become the best rider they can be so the horse and human can have that partnership the horse deserves. Amy has been practicing as a human physical therapist for 19 years and has also gained her equine physical therapy degree 4 years ago. She is passionate about educating the rider on the anatomy and body mechanics that influence equine-rider movement].
- Topics that we will cover:
- *Basic Horse Anatomy*
- *Know horse's baseline*
- *Palpation for Assymetry and Muscle tension*
- *Body mechanics*
- *Equine heart rate monitoring*
- *Horse/Rider stretching*
- *Fluidity on the ground and riding*

Contact Margit Deerman at mdeerman@gmail.com for more information. Limit to 8 participants. Cost: \$650 with horse, \$200 without horse. Located at Deerman Ranch in Valley Center, Ca.