

5th Annual EQUINE ALIGN RIDER REFINE CLINIC



Topics we will cover:

- Basic horse anatomy
- Body mechanics
- Palpation
- Your horse's baselines
- Video analysis of horse and rider
- Posture and performance Exercises for the horse and rider
- Evidence-based relaxation, strength and suppling exercises for horse and rider
- Identifying and correcting asymmetries and imbalances
- Fluidity on the ground and riding

Presented by: Margit Deerman, 4-star senior Parelli Professional and Amy Resler DPT, CERP, CMP, CSCS

When: October 18-20th, 2024

Where: Deerman Ranch in Valley Center, CA

Contact: Margit Deerman at mdeerman@gmail.com for more information.

Cost: \$650 with horse, \$200 without horse. Limit to 8 participants.

