

Boulder County Horse Association Presents

Pilates for Equestrians: Workshop & Clinic



Sunday, May 23, 2010

9 am - 5 pm



Cappaleigh Farm 15345 N 95th St., Longmont, CO 80503

Riding instructor, * Patty LeBlanc and certified Pilates Instructor, * Pam Harrington are teaming up to offer a one-of-a-kind equine experience by combining a day of riding and Pilates. Transform your riding performance through Pilates by increasing your balance, strength and flexibility.



*This workshop/clinic is for all riding disciplines and ages over 18
Participants who ride are highly encouraged to do the mat Pilates first*

2 Sessions for individual mat Pilates, 2 sessions for riders

First Session: 9:00 - 10:30 am - mat Pilates, limited number

11:00 am - 12:30 pm - riding, limited to 6 (*Bring your own horse. Few available for rent*)

Lunch 12:30 - 1:30

Second Session: 1:30 - 3:00 pm - mat Pilates, limited number

3:30 - 5:00 pm - riding, limited to 6 (*Bring your own horse. Few available for rent*)

*Come with or without a yoga mat. Mat Pilates is free to all BCHA members/volunteers, \$20 for nonmembers
Riding Pilates is \$35 BCHA members, \$45 for nonmembers (audit BCHA free/\$15 nonmembers)*

Space is Limited. Please Pre-register by May 16th:

www.boulderhorse.org, or mail to: BCHA, PO Box 19601, Boulder, CO 80308-2601



More information? Pam Harrington: 303-748-0289 (weekdays), 303-459-3088 (evenings), or
goodpilates@gmail.com or Jackie Ashley 720-308-2728 or jackieashley9@gmail.com