

Learn to feel, follow and influence your horse's movements

About Centered Riding

Centered Riding was founded by Sally Swift. The idea behind Centered Riding is to find ways to let the rider FEEL the horse. Independent of the level of experience and the discipline, there are fundamental ways the horse (should) move. Good balance and biomechanics of horse and rider are prerequisites for anything: safe and enjoyable trail rides, as well as high-level dressage movements.

There will be a lot of "aha" experiences for riders at all levels of experience and all disciplines.

About Carla Bauchmueller

Carla has just moved to California from Germany. She has been an instructor for more than 20 years.

- Centered Riding Instructor, level 3, certified since 1994.
- Trainer A of the German National Federation (the highest trainer level in Germany).
- Yoga instructor.

Schedule

- Commence with a short introduction round.
- Then a session of unmounted body awareness exercises.
- Then two groups ride, one after the other.
- Lunch break.
- Another round of body awareness exercises.
- Two groups ride one after the other.
- Video analysis - we watch the videos that have been taken during the day, accompanied by comments, explanations and theory background provided by Carla.

More Details

- There are 5 to 10 participants.
- Participants usually bring their own horses.
- All levels and disciplines welcome.
- The clinic day includes 6 to 7 hours of teaching in theory and practice.

Contact Carla Bauchmueller at **(510) 423 1936** or **cb@cb-riding.com** to enroll in a clinic.

Hossmoor: 1151 Bear Creek Road . Briones, CA 94553

Clinic fees: \$150 Hossmoor boarders:\$130

Auditors welcome – no charge.

Coffee and Tea are provided. Bring a lunch and socialize during the lunch break.

Carla is available for private lessons too. Get 50% off your first private lesson.



HOSSMOOR
presents



clinic day
with

Carla
Bauchmueller

2-18-2012 9am – 5pm

and

2-26-2012 9am – 5pm



Carla is a member of the Bay Area Equestrian Network

Carla's web site: www.cb-riding.com