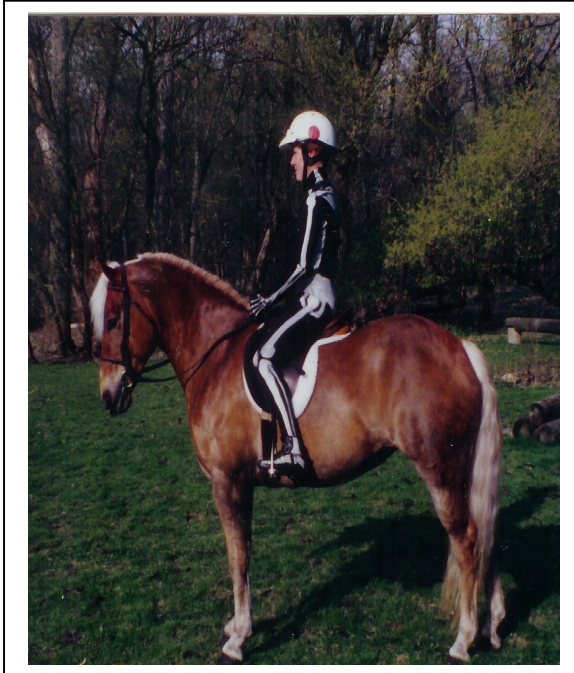


PEGGY BROWN - Centered Riding Clinic

March 26th, 27th & 28th, 2010 at WALK ON



Walk On Farm

26665 W. Cuba Road

Barrington, IL 60010

2 Day Clinic March 27th & 28th, 2010

Registration \$350 after Mar 1st

Early Pony Special before Mar 1st \$325

Auditors are always welcome

Early Pony Special before March 20th \$40 per day

After March 20th \$50 per day

Early Pony Special all 3 days \$65

After March 20th all 3 days \$90

School horses may be available. For more info

Contact 847 381 4231

Visible Rider Demonstration March 26th

Free to Clinic Participants

Early Pony Special \$10.00 before March 20th

After March 20th, \$15.00

Peggy Brown is an **Advanced Level IV Centered Riding Instructor and Centered Driving Clinician** and the only unique **VISIBLE RIDER**. Wearing a custom-painted “skeleton suit”, Peggy shows how the rider’s body works when riding in dynamic balance. This “inside view” shows clearly when the rider is straight, balanced and using the body well. It is easy to see what happens when Peggy demonstrates common riding faults and how they affect the horse and rider.

Available to:

- * All Disciplines
- * All Riding Levels
- * All Breeds

Centered Riding is based on a knowledge of human and horse anatomy, balance, movement, and on understanding how the mind affects the body and how both affect the horse. It uses centering and grounding techniques from the oriental martial arts, along with body awareness, mental imagery and sports psychology.

The Four Basics of Centered Riding:

Soft Eyes – encourage visual & physical awareness, better peripheral vision, improved “feel”.

Breathing – Using diaphragm, breathing correctly for better posture, relaxation, and energy.

Balance or Building Blocks – Aligns the body for improved balance, straightness, ease of movement.

Centering – Using center of balance, movement & control, located deep in body, gives quiet strength, harmony and power, as in the oriental martial arts.

For more information on Peggy Brown:

http://www.wgte.org/designer/public.php?id=7328_8765_6188_4154

Your horse will thank you!

Website: walkonfarm.org e-mail: walkonfarm@comcast.net

For more information about this event, call **847-381-4231**