



Centered Riding®



An un-mounted workshop

with **LAURIE INGLIS**

Sunday April 25, 2010

3 – 5 PM

Get the Mind, Body & Horse Connection!

"The ultimate goal of Centered Riding is not to be a discipline unto itself. It must go forward in its purest and least complicated form so it may be integrated into all disciplines of riding." Sally Swift

BIOGRAPHY:

Laurie Inglis is a Level II Centered Riding Instructor. She began her love of horses and riding at the age of 4 and acquired her first horse at the age of 12. She was a member of the Litchfield Pony Club, competing successfully in hunter/jumper shows during the early 70's.

After marrying, starting a family, and living without horses for a few years, Laurie purchased a 3 y.o. halter broke pony who she trained to ride and drive. She became a fan of Centered Riding in the early eighties after meeting and working briefly with Kim Walness. As her interest in driving grew she bought a Haflinger who she competed successfully all over New England and eastern N.Y. in pleasure driving and combined driving events.

Laurie has studied French Classical Dressage with Dominique Barbier and Francois Lemaire de Reffieu. She has studied TTeam and Centered Riding with Wendy Murdoch, Kim Walness, Susan Harriss, Lucile Bump, Mitzi Summers and Jami Wallace. Laurie also has studied Human anatomy in relation to riding at High Hopes Therapeutic Riding Center in Lyme, CT and has attended horse judging symposiums at U-Conn.

CLINIC DETAILS:

Interactive un-mounted workshop using specific Centered Riding exercises, including balance balls, mini trampolines, and bridles which will help participants to gain a clearer understanding of:

- **Timing of the aids**
- **Better use of self**
- **Reduced tension in horse and rider**
- **Better forward motion in horse**

Dress in comfortable layers. We will split the time between the upstairs viewing room and the indoor arena.

Cost is \$45 per person. All ages welcome!

FOR ADDITIONAL INFORMATION CONTACT:

Fox Crossing Equestrian, 860-567-1788,

cindy@foxcrossingequestrian.com

www.foxcrossingequestrian.com