



## Clinic Series to Develop Horse and Rider

with Karen Cheeke -- Connected Riding Practitioner

Wild Plum Farm in Corvallis, Oregon

Contact Karen @ 541-740-8837 [kontessakeen@hotmail.com](mailto:kontessakeen@hotmail.com)

- April 15, 2017 - Access Horse and Rider and Create a Plan
- May 27, 2017 – Building a Fitness Program for Horse and Rider
- June 17, 2017 – Always Improving the Basics to Meet Our Goals
- July 30, 2017 – Cross Training to Build Confidence in Horse and Rider
- August 26, 2017 – Challenge Yourself and Your Horse and Stay Motivated
- Sept. 23, 2017 – Maintaining Fitness and Training Through the Winter Months

This series of one day clinics is designed with a focus that will give the participating riders and auditors tools to improve connection with their horses both on the ground and in the saddle. The topics of each clinic will be addressed in a lecture/workshop format and then hands on work with your horses the remainder of the day. Karen has a foundation in dressage and the biomechanics of the horse. She has earned her USDF Bronze Medal and continues to school her horses through the levels. Karen is sensitive to the needs and goals of riders and their horses. Karen provides a fun and safe environment to build confidence for riders of all ages and disciplines.

Space is limited for riders, with ample space for auditors to actively participate in each clinic. Each day will be scheduled between 9 am and 5 pm. Lunch will be provided. Riders \$75.00 and auditors \$25.00 for the day. Sign up for the entire series for a discount. Riders \$350.00 and auditors \$100.00. Other discounts and incentives may apply to riders and auditors. Please ask.