



Supple Equestrian Somatics Level I

Saturday November 7, 2015 3 – 5 pm
@ Breathing Space Yoga Studio in Brentwood Bay

Register early - \$50 (before Oct 30)

Late registration - \$65

To register: Contact Violet Reynolds

Email: bdali@shaw.ca

Phone: **250 746-0377**

In this workshop you will learn gentle effective movements to help you decrease muscle tension and pain, improve joint mobility and muscle flexibility while creating a balanced musculoskeletal position. It will help you be more effective at providing aids and making subtle shifts in the saddle that will make your riding more effective and daily activities more comfortable. Suitable for any riding discipline.

Booklet of movements provided. Bring a mat or sleeping bag so that you have enough padding to comfortably lay on the floor. Wear layered clothing to ensure you are warm.



ABOUT VIOLET REYNOLDS

Violet has been teaching Somatics since 2008 and Somatic Yoga since 2009, has been a RMT since 1996. She developed and has taught Supple Equestrian Somatics to groups including BC Islands Pony Club and Queen Margaret's School. Violet Reynolds, RMT, CASE, RDYT 500