SUPPLE RIDER, SUPPLE HORSE

February 2 & 3, 9 a.m. - ?

Mid-MO Riding Center

7901 Tom Bass Road, Columbia, MO 65201

Join Pilates Instructor Shelley Wagner for a Pilates mat class designed especially for equestrians. We will focus on creating better movement through the hips, lengthening the psoas, and increasing mobility throughout the body. We will then move our Pilates practice to the horse, where riding instructor Crystal Kendrick will help you find new ways to deepen your seat, using the concepts presented in the Pilates mat class. Bring your own horse or borrow a school horse ($25.00 per day). For those traveling from out of town, limited local stabling is available at $25.00 per day, stall cleaning required. Please contact Crystal Kendrick, 573-239-2100 for details. Snacks and lunch provided. Mat classes will be held in an indoor heated studio in Crystal’s home. Please bring your own mat. Riding lessons will be in the indoor or outdoor arena, depending on the weather.

*Shelley Wagner - Pilates became Shelley’s “true North” of movement when she took a few Reformer classes at a local studio. She fully loved how she felt after each Pilates session. She began learning everything she could about Pilates from several teachers. She saw the power of Pilates to build strength and vitality in the body at any age and stage of life. The constant teacher in her naturally wanted to share this with others, and she achieved Comprehensive Pilates Training through Balanced Body University. Since 2008, Shelley has been creating custom workouts for clients, first as an ACE Certified Personal Trainer, and now through Pilates, to help them achieve better fitness, mobility, and health. Shelley currently teaches at Limitless Pilates, 2718 Forum Blvd., Suite 4A, Columbia, MO.*

*To contact Shelley: 573-356-7156,* [*shelley@limitlesspilates.com*](mailto:shelley@limitlesspilates.com) *or* [*shelley.wagner@mchsi.com*](mailto:shelley.wagner@mchsi.com)

*Crystal Kendrick – Crystal has been riding horses for 32 years. She has ridden a variety of disciplines including Hunter/Jumper, Upper Level Eventing, and Dressage. Crystal rode and trained with Darren Chiacchia before coming back to Mid-Missouri to teach and train. In addition, Crystal has trained extensively with Andras Szieberth, Ralph Hill, Cheryl Holekamp, Greg Best and others for over 15 years. She has ridden in many Championships in Hunters/Jumpers, USEA AREA IV Horse of the year, USEA Adult Championship, many USEA Area IV Championships, and was recognized as a top USEA Young Horse Trainer. Crystal currently owns and manages Mid-MO Riding Center. To contact Crystal: 573-239-2100*

Every effort will be made to keep the Pilates mat class and the riding groups small enough to allow for individualized attention. In case of inclement weather that makes travel to MMRC difficult, we will schedule an alternate clinic date. If you are unable to attend the alternate date, your money will be refunded.

**Supple Rider, Supple Horse – Registration Form**

**February 2nd & 3rd**

**Mid-Missouri Riding Center**

**7901 Tom Bass Road, Columbia, MO**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency contact Person and Phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have Pilates experience? If yes, please describe your experience:

Do you have any injuries, surgeries, or other conditions that affect your movement or your riding? (Ex: joint issues at the neck, shoulder, wrist, hip, or knee, osteoporosis or osteopenia?)

What are your goals for yourself and your horse?

Fees: $160.00 for Saturday and Sunday – includes 2 mat classes, 2 riding lessons, snacks, and lunch. If borrowing a horse, $25.00 per day.

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| --- | --- | --- | --- |
|  | Saturday | Sunday | Total fees |
| Mat Class | $35.00 | $35.00 |  |
| Riding lesson | $45.00 | $45.00 |  |
| Borrowing an MMRC school horse? | $25.00 | $25.00 |  |
| Stabling required? Please contact Crystal Kendrick, 573-239-2100 to check availability and price | $25.00 | $25.00 |  |
| Total Fees |  |  |  |

Please submit a negative Coggins and a check for the total fees with your registration form. Checks can be made payable to: MMRC (Mid-MO Riding Center).

Registration and payment due by Monday, January 28th to: Mid-MO Riding Center, c/o Crystal Kendrick, 7901 Tom Bass Road, Columbia, MO 65201.