

UNDERSTANDING BIOMECHANICS

An Interactive Lecture/Learning Experience with Stacy Pattison, FEI Rider/
Trainer, Instructor, Young Horse Starter, USDF Bronze and Silver Medalist.

Sponsored by The Southwest Virginia Dressage Association



LECTURE

**Friday August, 11 2023 beginning at 7p.m.
Virginia Tech Alphin-Stuart Arena,
500 Plantation Rd Blacksburg VA 24060**

Come learn the Basics of Biomechanics and how to better communicate with your horse to solve some of the normal issues riders face in any discipline. Stacy is a lifelong horsewoman who has spent decades understanding how the rider's body communicates to the horse. Come have some fun and learn a new tool or two!

Participants will be able to try out the Balimo chair to assist with your own body awareness.

Bring a dessert to share, Coffee & Water will be served. This is a fantastic opportunity to engage with our vibrant equestrian community!



45 Minute Riding Lessons **with Stacy**

Saturday & Sunday August 12 & 13, 2023

Lessons are only \$50 for this event for SWVADA members



Non-members are also welcome, fee \$100. We encourage you to join SWVADA to take advantage of member pricing! Lunch will be provided for riders. Additional information on joining SWVADA is available online at SWVADA.ORG. Auditors are welcome (plan to bring a packed lunch for yourself). There is no fee to audit this clinic. Limited stabling available. Contact galliard.laura7@gmail.com to register

There are only 10 lesson slots available each day, so sign up early!

All levels, disciplines, and experience welcome!