



'Connecting' on the Ground



Learning not to brace



Learning TTouch® Bodywork

Connected Riding® /TEAM® Clinic w/ Cindy Pullen

Guild certified practitioner II

June 26 – 27, 2008

6 Rider limit / auditors unlimited

**Friday June 26, 7:00PM – 2 ½ hr intro. to concepts (Macon area)
Saturday June 27, 9:00AM -5:00PM – ground/body work & riding
DM Performance Horse (Forsyth/Juliette)**

6 rider limit / auditors unlimited

Cindy combines 40+ years of experience in saddle seat, hunt, western, dressage, in hand and breeding with the methods of **Connected Riding®** and **TEAM®**. www.pullensarabians.com

Connected Riding® methods achieve freedom of movement and self-carriage for both horse and rider. The technique is based on reciprocal connection rather than force. It provides you with an awareness of bracing patterns in your own body that in turn cause bracing in your horse. More importantly, it teaches you how to break those patterns and influence the horse's movement through an elastic connection. The result is a more secure seat and less "work" on the rider's part. Releasing bracing patterns reduces pain in the rider's hips, knees and ankles. This is accomplished through a series of ground and mounted exercises.

TEAM®- Tellington Equine Awareness Method teaches you **TTouch® body work** (not massage) with ground exercises that help your horse rebalance & release tension. Better balance & less tension result in confidence, consistent performance and soundness.

Learn more at www.connectedriding.com
www.ttouch.com

**Cost: \$100 per rider for Friday evening & Saturday. (Deposit \$50 by 6/16)
Friday night introduction only \$20 (Macon area) (Deposit \$10 by 6/16)
Auditors Fri & Saturday \$25 (Deposit \$15 by 6/16)**

Info: Sheila DelGiorno at (478) 992-9603

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