

Stable Core Method Workshop

Clinic at Rising Sun Ranch Nederland Colorado
July 27, 2024



Stable Core Method uses Pilates, Gyrotonic, PT and Yoga concepts to create harmony and balance with horse and rider.

**Interactive lecture and
Workout from
9 to noon
Followed by
Riding lessons from
1 to 4**

Stable Core Benefits:

Improve Posture

Balance for horse and rider

Riding mechanics

Reduce Pain

Increase flexibility

Breathwork

Home exercises for later use.

Registration and more
information:

**STABLECOREMETHOD.COM,
goodpilates@gmail.com, 303-
748-0289**

full day: 150.00 including riding
lesson. Workout, and lecture only
75.00