

STABLE CORE METHOD WORKSHOP

Sunday, June 28, 2025

Armada Bay Equestrian Center, 5825 Meridian Rd, Peyton, Co.



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

Stable Core Benefits:

- Improve Posture
- Balance for horse and rider
- Riding mechanics
- Reduce Pain
- Increase flexibility
- Breath work
- Home exercises for later use.

Interactive lecture and workout 9:30-12:30

Riding 1:30-3:30pm

Registration and more information:

STABLECOREMETHOD.COM

Goodpilates@gmail.com

303-748-0289

Improve your performance and connection with your horse!