

# STABLE CORE METHOD WORKSHOP

Saturday, July 19, 2025

Starr Peak Ranch, 10282 Dowdle Dr. Golden, 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**

***Full day 125.00, class only 70.00***

**Registration and more information:**

**[STABLECOREMETHOD.COM](http://STABLECOREMETHOD.COM)**

**[Goodpilates@gmail.com](mailto:Goodpilates@gmail.com)**

**303-748-0289**

**Lesson horses available. 25.00 haul in**