

STABLE CORE METHOD CLINIC

Flat Broke Performance Horses

Saturday, August 30 and Sunday, August 31 2025

217 Thorne Divide Rd. Carlile, Wyoming



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

Stable Core Benefits

Improve Posture
Balance for Horse & Rider
Riding Mechanics
Reduce Pain
Increase Flexibility
Breath Work
Home Exercises

Interactive lecture and workout

9:30-12:30

Riding

1:30-3:30

Lecture/Workout

**ONLY OPTION AVAILABLE,
AS WELL AS AUDITING**

For registration and additional information

STABLECOREMETHOD.COM

goodpilates@gmail.com

303-748-0289