

STABLE CORE METHOD WORKSHOP

Saturday, September 27, 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 9:30-11:30,
Riding 12:30-2:30pm**

Full day \$150.00, class only \$70.00

Registration and more information:

STABLECOREMETHOD.COM

Goodpilates@gmail.com

303-748-0289

**Lesson horses available.
\$25.00 haul in**