

Body Awareness/ Riding Clinic

December 19 & 20, 2009

At Pratense Farms, Chatham, IL

Center Line Dressage is proud to sponsor Jennifer Kotylo in a unique combination of Riding/Pilates Clinic. Enhance your own body awareness and see how subtle changes in your body can have a powerful impact on your effectiveness as a rider. Jennifer is an USDF Bronze & Silver Medalist and a Certified Core Dynamics Pilates Instructor, Certified Equilates Teacher and Certified Balimo Instructor.

Tentative schedule:

Saturday Dec 19 9:00am– All Day Riding lessons

Sunday Dec 20 8:00am Warm up session.
Riding Lessons will begin 30 mins after the warm up session. If no one signs up then riding will start at 9:00am.

All are invited to Potluck Lunch: Each day at Pratense Farms.

Riding lessons will be 45 min sessions of a cost of \$95 per ride
Warm up session will be 1 hour for a \$10 per person.

Pratense Farms requires All riders under the age of 18yr old to wear a ASTM Hard Helmet, all other riders are asked to wear helmets but not required. This clinic will be filled first come first serve. We have 9 ride times available each day. Overnight Stabling is limited, Day stalls are available please contact Paula to make arrangements.

Auditors are welcome for free. Snacks and drinks will be available both days.

**KOTYLO CLINIC
BODY AWARENESS RIDER APPLICATION FORM
December 19 & 20 , 2009**

Rider: _____

Address: _____

City: _____ State: _____ Zip: _____

Horse: _____ Level of horse: _____

Saturday AM _____ PM _____

Sunday: AM _____ PM _____

Stabling: Day _____

Sunday morning Warm up @ \$10 per person _____

Total

I hereby agree to release, indemnify and hold harmless Pratense Farms and it's employees, volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this activity or related activities. I also hereby agree to release, indemnify and hold harmless the activity management, event committee and members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with participation in this activity or related activities.

Signature of Rider _____

Total amount enclosed: _____

Checks payable to [P.J. Briney Training LLC](#). Form with check to hold ride times.
Please return form and fees to Paula Briney #10 Hawks Nest Dr Chatham, IL 62629
Contact Paula Briney: BrineyPaula@aol.com or cell phone 217-652-1635
Directions to the farm and ride times will be sent out the week before the clinic.