

STABLE CORE METHOD

Fundraiser Clinic for Cowboy Dressage World Colorado
Saturday, May 10th 2025
Deko Ranch 24503 County Road 4, Hudson CO



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 and Rider
- *Riding Mechanics
- *Reduce Pain
- *Increase Flexibility
- *Breath Work
- *Home Exercises

Interactive lecture and workout

9:30-12:30

Riding 1:30-3:30

**Full Day \$150 (members \$125)
Lecture/Workout \$75 (members \$65)
Auditing \$20 (members \$15)**

Stalls available by reservation

**For registration and additional information please email
Cowboy Dressage World Colorado
CDWColorado@gmail.com**