

Centered Riding Clinic with Lucile Bump
Saturday & Sunday, May 6 & 7, at Black Oak Stables indoor
1 Winthrop Street, Hamilton, MA

Please text Jennifer at 781-608-9395 with questions and payment details.

Cedar Tree Stables and Black Oak Stables are excited to host a 2-day Centered Riding Clinic with Lucile Bump! The fee for mounted participation is \$340. The fee for auditors is \$30 (same fee for one or two days). Mounted participation is limited. Lessons will be a maximum of 3 riders. Payment due no later than March 15th. Non refundable unless there is a waiting list.

Each day will run as follows:

9-11 Lecture and unmounted exercises with Lucile
11:30 -12:30 Group 1 Mounted Lesson
12:30-1:30 Lunch
1:30-2:30 Group 2 Mounted Lesson
2:30-3:30 Group 3 Mounted Lesson
3:30-4:00 Break
4:00-5:00 Group 4 Mounted Lessons

Lessons informative for unmounted participants and auditors. Everyone is encouraged to attend the morning lecture and to watch the lessons where Lucile creates an engaging learning experience throughout the entire day!

Lucile is a Senior Centered Riding® Instructor/Clinician. She completed an apprenticeship with Sally Swift and worked closely with Sally for many years. As a result, she has intensive Centered Riding® training, an in-depth knowledge of the work, and is qualified to train all levels and disciplines of riders from beginners to instructors.

Centered Riding founder, Sally Swift, developed the principles of Centered Riding (Breathing, Soft Eyes, Centering, Building Blocks, and Grounding), using functional anatomy, imagery, horse and rider biomechanics, and elements from the martial arts as tools to improve the balance and effectiveness of the rider. Sally's books, Centered Riding and Centered Riding II: Further Explorations, have been international bestsellers in many languages.

Centered Riding lessons, clinics, and Instructor Certification Courses are taught worldwide by Certified Instructors and Clinicians, who can help you along the journey that Sally Swift started over 30 years ago. All disciplines, seats and styles of horsemanship, levels of experience, and riding interests are welcome. "The ultimate goal of Centered Riding is not to be a discipline unto itself. It must go forward in its purest and least complicated form so that it may be integrated into all disciplines of riding." *Sally Swift*

Centered Riding Lessons and Clinics have the following goals:

- * Application of classical principles of riding and training through the use of body awareness, centering and imagery.
- * Encompassing all horsemanship disciplines, interests, seats and styles of riding and levels.
- * Communicating more clearly between horse, rider and instructor.
- * Improving confidence, comfort, good use of the body and quality of movement in both horse and rider.
- * Helping riders achieve their personal best, in harmony with their horses