

SVB Equestrian and Cappaleigh Farm Present:  
**James Shaw: Tai Chi for Equestrians**  
February 26-28<sup>th</sup>, 2010

- Would you like to ride with less force?
- Would you like to be able to release areas of tension in your body that impede your horse's ability to move freely and achieve relaxation?
- Would you like to have a better understanding of how breath and balance can make you a more effective rider?
- Would you like to have the feeling of riding from within and being one with your horse?

### **Try Tai Chi for Equestrians!**

By combining the structural balance of Tai Chi, the energy work of Chi Gong, and the healing aspects of Laing Gong, James Shaw has created his unique "Tai Chi for the Equestrian." He begins by working with riders on the ground to discover and amend imbalances in their bodies. Then, through mounted work, riders transfer this new understanding into the saddle and see dramatic changes in their connection with their horses. James' techniques work for all types of riders and have been successfully applied by recreational, professional and Olympic-level equestrians.

The full 2-day clinic includes a 2-hour ground session plus one-hour semi-private mounted lessons on both Saturday and Sunday. This year, we are privileged to hold the clinic at Cappaleigh Farm (15345 N. 95<sup>th</sup>, Longmont, 80504), which boasts a large indoor arena as well as a heated studio for the ground sessions. If you cannot bring your own horse, Cappaleigh Farm has a few suitable horses available. Limited overnight stabling is also available. Participants unable to enroll in the full two-day clinic may sign-up for a single day (unmounted and mounted sessions), ground sessions only or a private lesson\* (see registration form). Full clinic participants will be given priority in filling slots. Please note that for those not attending the full clinic, we recommend attending an unmounted session, followed by a mounted session, if possible, in order to maximize learning. Auditors are welcome.

For more information about the clinic, contact Sarah Barnes 303 817 2783 or [sarahvbarnes@yahoo.com](mailto:sarahvbarnes@yahoo.com) For more information about James Shaw, please visit his website: [www.shawtaichi.com](http://www.shawtaichi.com).

Fees: Full two-day clinic \$300 / Single-day clinic (Saturday or Sunday) \$185

Ground session only \$75 per day / Auditors \$25

Private lesson \$100 \*(Friday afternoon – see registration form for location).

Use of lesson horse (limited availability) \$20 / Overnight board (limited availability) \$20

Opening date: January 11, 2010. Closing date: February 19, 2010.

Space is limited – please register early.