

The Seat Doctor Is "IN"

a BALIMO™ clinic with Lynne Sprinsky

hosted by Simpson Run Farm, 1075 S Watkins Rd, Alexandria OH 43001

Friday May 7th - Saturday May 8th - Sunday May 9th 2010

Columbus, Ohio welcomes Lynne Sprinsky and invites riders and instructors from all disciplines to benefit from the BALIMO™ (BALance In MOtion) principles. It's a unique approach that improves riding by releasing the rider's tensions and physical blockages. Lynne is a certified BALIMO™ instructor trained under the eye of the world-renowned German sports physiologist Eckart Meyners. Eckart trains riders, riding instructors, and judges for the German Equestrian Association (FN) and has worked with them for over 25 years.



Lynne is a life-long rider, teacher, and author and has been fortunate to be a long-time student of Erik Herbermann and Walter Zetl and also spent time riding with Karl Mikolka and Susan Terrall. Her time spent with these riding masters, her gift as a teacher, along with the training received in the BALIMO™ program benefits all riders and their horses.

BALIMO™ is about unlocking the muscles and neural pathways that time, gravity and our lifestyles have either over-used or under-used. The key to better riding is to improve balance and flexibility. Through the BALIMO™ program, exercises are used to rediscover our body's balance and free motion; they are very specific but effortless. Results are immediate.

We welcome auditors to this educational weekend and they will find almost as much benefit as the riders themselves. Lynne engages auditors to begin training their eyes or develop new skills if they already teach riding.

Portrait by Michelle Guillot www.pixofthelitter.com

Clinic Schedule - AUDITORS WELCOME all three days:

- **Friday EVENING, May 7th 6:30-9:30pm:** One hour lecture followed by interactive unmounted exercises. Please bring a yoga mat or something similar as we'll be doing exercises to improve our riding.
- **Saturday and Sunday, May 8th and 9th 9:00am-5:00pm:** Riding sessions - one rider per hour and we have students of nearly all levels participating. Bring a chair and yoga mat.
- Fees: Riders: \$170 total for Fri lecture + one hour rides Saturday & Sunday (1 rider per 1 hr session)
- Fees: Auditors \$15 per day or \$25 for the whole weekend
- Closing date for riders is Friday, April 23th. Prepaid registration must be received by this date
- No refunds to riders after closing date unless space is filled from wait list
- Stalls \$25/night or haul-in \$10. Stalls first come, first serve. Coggins and spring shots required.
- No dogs allowed on the property - strictly enforced

PARTICIPANT REGISTRATION

Name: _____ Phone: _____

email: _____

Clinic Contact: Suzette Dybiec - 1751 Stanford Road, Columbus OH 43212
Cell: (614) 578-7311 Email: suzette@humanfactor.com

BALIMO's™ official website is www.equestrianeducation.org