



Enjoy..

- an all inclusive holiday in Spain
- beautiful Spanish horses
- rides out in the country
- home cooked food
- on site accommodation
- riding lessons tailored to your level and personal needs
- learn to take care of your own well being with:
- private Alexander Technique lessons and:
- group workshops on Alexander Technique applied to riding



Relax..

at “Centro Equestre La Luz”

This wonderful horse riding facility is owned by Susan Harden and her family and is located in the south of Spain in the hills of Andalucía just outside the village of Alora.

On site accommodation is available: comfortable double bedrooms (with 2 single beds) each with a private toilet/shower. There is a little living room, terrace and hammock for you to use.



www.liveandbreathehorses.com

Centro Equestre La Luz
El sabinal, álora Málaga



Alexander Technique & Horse Riding in the south of Spain



October 9th – 15th 2011

Or

April 29th – May 6th 2012



Alexander Technique and Horse Riding in Andalucía

This riding course is especially designed for those who wish to deepen their knowledge of riding in combination with the Alexander Technique.

Susan Harden (www.liveandbreathehorses.com) teaches the riding lessons on this course. She has 30 years of experience training horses and she is also a gifted riding teacher. Intuitive, calm, sensible and sensitive she is able to help riders excel beyond their expectations. During her lessons she creates a supportive atmosphere and never loses sight of the fact that horse riding should be enjoyable for both the horse and the rider.

Elke Mastwijk (www.alexandertechniek.com) is an experienced Alexander Technique teacher and (equine) cranio sacral therapist. She can help you to do less and achieve more when riding by optimising the use of your own mind and body. Elke will be giving the Alexander Technique lessons and workshops during the course.

If you are looking for an all-inclusive riding holiday, in a stunning setting, where you can learn skills from which you and your riding will receive long-term benefit. This is the course for you! We accept all levels; beginners to advanced. We have chosen to work with two trainers and a small group (max 4 people) so that we can give you the personal attention you deserve.

The course costs 1495 euro including the riding lessons, the rides out, the private Alexander Technique lessons and workshops, 6 nights shared accommodation (2 people per room), 3 meals per day and airport transfers.

If you wish to make your own arrangements for accommodation, food and transfer; the cost for the 5 day course is 850,-. Single accommodation is possible (please contact us for details).

Why Alexander Technique?

Your body maintains balance through a delicate reflex mechanism which under ideal circumstances keeps you effortlessly upright. Most of us lose natural poise and freedom of movement in the course of our lives.

With the Alexander Technique you can learn how to release excess tension. As a result your postural reflexes will work as they should and you will find that you can move with ease and freedom. This in turn will have a positive effect on your health and well being.

During this intensive course you will learn to apply Alexander Technique to your riding enabling you to effortlessly find a relaxed and balanced seat from which you and your horse will benefit.

Sally Swift, the founder of Centered Riding method applied insights and knowledge she gained through the Alexander Technique to her method. If you have benefited from Centered Riding, you will certainly enjoy this course.

Contact us

For more information and the full course programme please contact us:
Susan Harden: info@liveandbreathehorses.com
Elke Mastwijk: info@alexandertechniek.com