



Balance

A relaxed and balanced horse and rider are a joy to experience. It is what many riders wish for themselves and their horse. But how can you achieve this?

This autumn “Centro Equestre la Luz” offers a series of unique workshops of horse riding in combination with the Alexander Technique. During these workshops you will experience how you can achieve a relaxed and balanced seat.



Joy

“Centro Equestre La Luz” is a wonderful horse riding facility owned by Susan Harden and her family. It is located in the south of Spain in the hills of Andalucía just outside the village of Alora.

It’s a place where you can relax, learn and explore all aspects of riding and ground work. In the experienced hands of Susan, accompanied by her lovely horses you are invited to redefine your limits and enjoy the ride!



www.liveandbreathehorses.com

Centro Equestre La Luz
El sabinal, álora Málaga



Alexander Technique & Horse Riding Workshops

at Centro
Equestre La Luz



October 2011

1 day intensive workshop (max 4)

2 day intensive workshop (max 4)

1 day group workshop (max 12)



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, well being and riding skills.

Inspired and ready for more?

Join us for a 5 day intensive course!

We offer a five day intensive course on location in the last week of October 2011 for those who wish to explore this subject in depth. Accommodation on location and meals available. Please contact us for the special leaflet for this course.

Private sessions with Elke

During the month of October you can also book a private sessions with Elke

Contact us

For more information:

Susan Harden: info@liveandbreathehorses.com

Elke Mastwijk: info@alexandertechnik.com

Alexander Technique and Horse Riding Workshops

Susan Harden (www.liveandbreathehorses.com) owns the training facility and teaches the riding lessons during these workshops She has 30 years of experience training horses and she is also a gifted riding teacher. Intuitive, calm, sensible and sensitive and with a great sense of humor she is able to help riders excell 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.alexandertechnik.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 workshops and private sessions.

Susan and Elke are both passionate about the well being of horses and ease of movement for both the horse and the

rider. Coming from different back grounds they have spent many years exploring these subjects. This autumn they will join their expertise to share with you a unique experience of joy, balance and freedom on horse back.

We offer three possibilities. If you want to receive personal attention we advise you to book an intensive workshop. These are limited to 4 participants to make sure that we can give you plenty of personal feedback and guidance on the ground and in the saddle. If you are interested in a general introduction to the Alexander Technique in relation to riding. We recommend you book the basic workshop which is open to 12 participants. We accept all levels; beginners to advanced.

1 day basic workshop (max 12 people) cost: 35 euro

1 day intensive workshop cost: 95 euro (lunch incl.)

2 day intensive workshop cost: 190 euro (lunch incl.)