

SANDRA SOKOLOSKI CLINIC

MARCH 29, 30, 31

HOSTED BY: BLENHEIM STABLES
1220 232nd Street Langley BC

Organized by: **Campbell Valley Equestrian Society**

A fundraiser for Equestrian Facility development at Campbell Valley Regional Park.

Improve Your Riding Through Body Awareness and Exercise

March 29th: Evening dinner lecture: 6:30 - 9pm

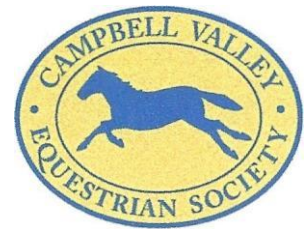
March 30th: Exercise program: 8:30 -10:00 includes coffee and muffins, Individual riding: 10:30 - 5:30

March 31st: Exercise program: 8:30 - 10:00 includes coffee and muffins, Individual riding 10:30 - 5:30

As a rider and nationally certified instructor in orthopedic physiotherapy, Sandra analyzes and assists coaches & riders, including those with injury, for rehabilitation and performance optimization. She has worked with top riders in various disciplines and given clinics and lectures across Canada.

This clinic explores body movement and functions in relation to the horse, with theoretical & practical components both on and off-horse. Sandra will teach the basics of attaining optimal postures, maintaining mobility and activating the muscles in patterns that are used specifically by riders. Efficient & effective communication with the horse is the ultimate goal.

Approved for coaching update hours. All disciplines welcome.



Cost:

\$275 for the weekend, including lecture, exercise classes, and riding assessment

\$70 for the lecture and dinner

\$100 for the dinner lecture and both exercise classes

*Registration forms available on Campbell Valley Equestrian Society website. www.cves.ca

Stalls available; please contact Blenheim Stables: georgann@blenheimstables.com

Contact Val Mica for more information Val.d.mica@gmail.com 778-874-8714

Registration for Sandra Sokoloski Clinic March 29,30,31

___ Friday Dinner Lecture/ exercise program/ riding: \$275

___ Friday Dinner Lecture + exercise program both mornings: \$100

___ Lecture Dinner Lecture: \$70

Stalls are \$40 per day, please contact Georgann at georgann@blenheimstables.com to reserve a stall. Stall space is limited.

Cheques payable to CVES: 1403 200th St Langley, BC, V2Z 1W5

E-transfers to Please put "SS Clinic" in the memo section.

E-transfers and registration forms send to Carol McDonald via cves.ca@gmail.com

Participant Name: _____

Address: _____ City: _____ Postal Code: _____

Email: _____

Phone: _____

If riding please provide:

Preferred riding time (1/2 hour session between 10:00am and 5:00 pm. There will be a 1 hour lunch break at 12:00)

HCBC #: _____

Emergency Contact name and number: _____

Name of Horse: _____ Age: _____ Mare/Gelding: _____