

James Shaw

Has studied TAI CHI for over twenty years, and now incorporates that knowledge into assisting riders in developing the centered, fluid interaction with their horses that is found in students of TAI CHI. James has become a clinician in great demand not only in the U.S., but in England and Ireland as well. This year he will be expanding his exposure to include Germany and Switzerland!

His book, **Ride from Within**, describes these techniques

By learning about these techniques, riders will discover the biomechanics of their own bodies and how that interfaces and affects the biomechanics of the horse, and will come to a better understanding of the influence we have on our horses' movement.

TAI CHI for EQUESTRIANS CLINIC

Will be presented in CLAREMORE!

When: May 15 – 16, 2010

Where: Rivendell Farm
(South of Claremore, near Verdigris)

Format: 2 hour unmounted session each morning
(stretching, balance, principles of motion)

1 hour semi-private mounted/ Saturday
½ hour private mounted/ Sunday

PRIVATE LESSONS: Available by arrangement
(For clinic riders or participants of previous clinics)

COST: \$260 for both days
\$100 for private lesson

AUDITORS: (Participate in unmounted sessions)
\$35/ 2 days; \$20/ 1 day

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