

JAMES SHAW Tai Chi for Equestrians

We are pleased to announce that James Shaw will be returning to Oklahoma in **November of 2011** to present his clinics guiding riders to a greater awareness of their bodies, balance, tension and relaxation through the principles of Tai Chi. Last year he was invited to present his material for the instructors at the British Horse Society, and also returned to Switzerland for another clinic there.

His loyalty to those of us who have worked with him from the beginning assures our continued opportunity to have him return to Oklahoma in the future!

No previous knowledge of Tai Chi is necessary to benefit from James' observations and superb techniques. Just bring an open mind and your horse and be prepared to have Fun!

- WHEN:** Due to increased interest, we are offering **three days** this clinic. It is James' hope that his extra day will provide an opportunity to work even more intensely with each rider. Participation for all three days is not mandatory.
Friday, Saturday, and Sunday, November 11-13 2011
0900 - 1100 Lecture and unmounted exercises
1200 - end Mounted work
Private lessons: James may be available Monday, but this will be on a limited basis. Contact Kay if interested.
- WHERE:** Rivendell Farm
Claremore, Oklahoma
- WHAT:** The clinic involves both unmounted and mounted work.
Because most participants now are familiar with his work, all rides will be half hour privates.
- COST:** **\$350** for three days / **\$260** for two days / **\$130** for one day
\$100 for private lesson (45 minutes) on Monday
(fee for Clinic participants/ **\$110** for non-participants)
- DEPOSIT:** **\$50.00** (Payable to Kay Kamish - address below)
****Requested by Monday, October 31** in order to cover cost of airfare**
- AUDITORS:** One day: **\$20** Two days: **\$35** Three days: **\$50**
Auditors are encouraged to attend lectures and participate in the unmounted exercises session.
- LUNCH:** Catered box lunch with two choices. Estimated cost **\$8.50**.
Contact Kay for the menu if interested. (Pay separately from clinic fees)
Water and tea will be provided. Snacks are welcome!
- STABLING:** Limited, but let Kay know in advance and arrangements will be made!
\$10/ day fee. **\$20 / day plus overnight**
- CONTACT:** Kay Kamish
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