

Tri-State Riding Club is sponsoring a Cavaletti Clinic on **Saturday November 17, 2018** at Milestone Farm in Lovettsville. The farm address is 13740 Picnic Woods Rd. Lovettsville, VA 20180 (Formerly Kingland Farm) Indoor arena so Rain or Shine!

This clinic is for all types of horses at any level. The purpose of cavalettis is to help a horse improve its balance, adjust its length of stride, and to loosen and strengthen its muscles. Trotting over cavaletti can build the engagement, power, suppleness and swing in your horses back. Most of the work in this clinic will be performed at the trot.

The clinic will be taught by Lisa Hellmer, the assistant trainer at Spreiser Sporthorses in Marshall, VA. You can read more about Lisa – there is a link to her bio on the bottom of the Happenings page. Also, below are some links of Cavaletti exercises being performed by various horses of all levels.

The Cavaletti lessons are taught in groups of three riders for 45 minutes per session. Cost is \$45 per rider per session.

This clinic is currently full, but I am working to add two more groups. Please contact me directly as I am coordinator for this Cavaletti Clinic. I will add you to the wait list.

If you have any questions or issues, please contact me. I will be in contact with all participants through email with ride times and any further information.

I encourage you to read bio of Lisa Hellmer. It is impressive as is her enthusiasm and love of the horses. Also take the time to watch the You Tube video links, so you can see how much fun the clinic is!

Tri-state members may audit the clinic for free.

I can't wait to share this fun clinic with you all.

Sincerely,
Debbie Brink
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LINKS

https://www.youtube.com/watch?v=9w-l2v_-07I

<https://www.youtube.com/watch?v=X-RN80MkAWA>

<https://www.youtube.com/watch?v=DyxioUvylZo>