



with

Carla
Bauchmueller



conscious balanced riding

Carla Bauchmueller



Centered Riding Clinic and Private Lessons

Centered Riding

- Centered Riding was founded by Sally Swift.
- Centered Riding teaches you to *FEEL the horse.*
- Based on good balance and biomechanics, riding is full of joy and lightness. Keep your horse and yourself healthy and happy. No matter if you are a trail rider or want to advance into high levels of dressage.
- *For all disciplines and levels of experience.*

Clinic Schedule

- *Body Awareness Exercises or Yoga Lesson*
The group can choose the topic (ca. 60 min for \$25).
- *Group Lesson* (maximum of 4 riders), practicing what we experienced in the body awareness exercises (Body Awareness Exercises + Group Lesson: \$80).
- *Private Lessons* in the afternoon (\$60 for 30min, \$80 for 45 min, \$100 for 60 min).
- *Choose one or all of these options.*

Carla Bauchmueller

- *Level 3 Centered Riding Instructor*, certified since 1994.
- *Trainer A* license of the German National Federation.
- Expert for leisure riding.
- Well experienced *yoga and meditation teacher.*

Profit from Carla's unique set of skills and

Find Joy in Learning

If you are interested in participation, hosting or organizing a Centered Riding Clinic Day contact Carla

phone: (510) 423 0644

email: cb@cb-riding.com

web: www.cb-riding.com



Carla is a member of the Bay Area Equestrian Network