

Joan Adler, a Canadian dressage trainer who is also trained in the Balimo system developed by Eckart Meyners, will be offering a Balimo clinic at Elkhorn Equestrian Center June 29 – July 1.

Balimo™ stands for balance in motion. It is a system of exercises and techniques developed by Eckart Meyners, a professor of sports physiology at the University of Luneburg in Germany, to improve equestrian performance by improving the rider's ability to move with the natural motion of the horse. German Olympian Heike Kemmer has credited the Balimo system with her success, and it is used by the German National Riding School.

The system incorporates principles of Pilates, the Feldenkreis Method, and Alexander Technique. It includes both mounted and unmounted exercises designed to stretch, relax and strengthen muscles to improve the rider's balance and relaxation.

On Friday evening Joan will give a presentation informing riders what to expect over the weekend. Saturday morning will include an unmounted warm-up followed by a 45-60 minute Balimo exercise class. The mounted lessons (45 minutes for each rider) take up the rest of the day, with a Q&A session at the end. Sunday will include unmounted warm-up followed by mounted lessons.

***The clinic is full, but we do have space for a number of auditors.*** The price to audit the clinic is \$35 per day or \$65 for Saturday and Sunday. If you would like to audit, I encourage you to sign up in advance. We will provide lunch for all auditors who sign up ***before June 15***. To sign up to audit, please send a check in the appropriate amount (if you wish to audit only one day please indicate which day) to:

Shan Lawton Dressage LLC  
100 S 19<sup>th</sup> St, Apt 1106  
Omaha, NE 68102

If you have any questions about the clinic or would like to be placed on a waiting list to ride in it please contact Shan Lawton at [shan.lawton@gmail.com](mailto:shan.lawton@gmail.com) or 617-877-0785.