

**Midwest Dressage Association Presents:
The Rider's Seat Clinic
Featuring Tom Nagel of Zen & Horseback Riding**

**Hosted By Visual Equestrian
5390 Pleasant Hill Drive, Fenton MI 48430**

Morning sessions consist of lecture, demonstrations and unmounted exercises. Information about using the psoas (core) muscles for stability and releasing the hyoid muscles to achieve lift in the saddle is presented. Clinic afternoons consist of small group riding sessions applying the techniques and methods learned in the mornings. Tom does some rider alignment bodywork with the participants during the course of the clinic and each participant receives a complimentary copy of [Zen & Horseback Riding](#).

Please note that helmets must be worn while mounted and liability release forms must be signed upon your arrival at Visual Equestrian.

RIDER APPLICATION

Rider's Name: _____

Address: _____

Phone number: _____ email address: _____

Rider's Status (check one): Adult Amateur: Professional

Horse's Name: _____ Breed: _____ Age: _____ Sex: _____

Owner's Name: _____

Select One:

Clinic 1 Thursday/Friday July 26-27, 2018

Clinic 2 Saturday/ Sunday July 28-29, 2018

Can you briefly describe how you hope this clinic will help you?

Rider's Seat Clinic

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"I recently attended a Rider's Seat clinic and it was the most life-changing clinic I have ever attended. What struck me was how easy it was to find that ever elusive seat I had been searching for all these years. The amazing thing is, when I engaged my psoas and hyoid muscles, so did Wizard, my horse, to mirror me. It is so simple, yet so profound."

Dr. S. Seelye, DVM

Trailing In is not available.

Stabling is dry stall. Shavings are available for purchase.

Lunch is included both days of the clinic for participants.

You may pay by credit card or check.

Item / Amount	Quantity	Extended Price
Rider Fee \$350/Member \$450/Non Member		
Stabling \$75 (2 nights)*		
Bags of Shavings \$8/each		
Total:		

*Friday evening arrival and Sunday early evening departure

Credit Card Number: _____

Name as it appears on Card: _____

Expiration Date: _____ Security Code Number: _____

Billing Zip Code: _____

Please mail this completed form, a copy of a **current Coggins test**, and your check made payable to Midwest Dressage Association and mail to

MDA c/o Lisa Machala

29155 Northwestern Hwy Suite 540, Southfield MI 48034

MUST BE RECEIVED BY June 1, 2018