

**Complimentary Workshop**  
**Alexander Technique for Horse Riders**  
Tuesday, July 14<sup>th</sup> 2009, 7:00 – 9:00 pm

**With Heike Walker**  
**Certified Teacher of the Alexander Technique**

The **Alexander Technique** teaches you ...

- an awareness of your posture and your movements
- a better coordination of your body
- more flexibility, support and balance

**You will learn ...**

- to stop harmful movement patterns
- to release unnecessary tension and excessive effort
- to develop more subtle and clearer communication with the horse
- to improve your riding and dressage skills



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**Reserve your seat  
today!**

**604-856-0333**

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