



## Stepping Stone Lodge

**On-site lodging, meals,  
workshop and clinic facilities**

Stepping Stone Lodge is set on an historic working farm, originally settled in 1754. Nestled in the beautiful Monadnock Region of New Hampshire, the farm combines rural New England charm with modern day convenience, easy to travel to but somehow very far away from the hustle and bustle of everyday life.

The farm is the home of **Pony Farm**, well-known riding school and residential summer riding camp. The farm is also home to **Horse Power**, one of the largest professional therapeutic riding programs in the U.S. The huge barn, stone walls, trails and pastures of grazing horses provide a perfect country setting for peaceful walks and a relaxing stay. Enjoy a visit to the friendly small animal barn, or take a walk down a country road.

Our goal is to make your stay enjoyable, comfortable and memorable.



## Centered Riding Clinic

Pony Farm  
13 Pony Farm Lane  
Temple, NH 03084



## Centered Riding® Open Clinic

~ Riders of all levels and disciplines ~

**May 7–8, 2010**

Clinician  
**Heidi Potter**



hosted by

**Pony Farm**

13 Pony Farm Lane  
Temple, NH 03084  
(603) 654-6308

🌐 [www.ponyfarm.com](http://www.ponyfarm.com)  
email: [boomcdaniel@ponyfarm.com](mailto:boomcdaniel@ponyfarm.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Day ( \_\_\_\_\_ ) \_\_\_\_\_ Email \_\_\_\_\_

Open Centered Riding Clinic, May 7 — 8, 2010: includes clinic and lunches

I would also like to reserve on-site lodging at Stepping Stone Lodge  
Includes breakfasts and dinners. Participants are to bring own linens/sleeping bag.

\$175.<sup>00</sup> per day.

\$100.<sup>00</sup> per night.

*Cancellations received 1 week or more before clinic date will be refunded.  
Cancellations received less than 7 days before clinic date will not be refunded.*

**Total Enclosed: \$ \_\_\_\_\_**

*Make clinic check payable to Pony Farm, Mail to Pony Farm, 13 Pony Farm Lane, Temple, NH 03084*

*603-654-6308*

*Make separate lodging check payable to Stepping Stone Lodge. Thank you!*

*Or register online at [www.ponyfarm.com](http://www.ponyfarm.com)*



Guest Clinician

Heidi Potter is a professional horsewoman who is well known and respected for her knowledgeable and compassionate approach to horses and humans. As a Level III Centered Riding® Clinician she helps students of all levels and disciplines find improved balance, comfort, communication and confidence in the saddle. The key element of her program, "In Harmony With Horses" is mindfulness. She strives to improve the human/horse relationship by encouraging her students to see things from the horse's perspective. A true advocate of the horse, Heidi helps her students understand how strongly their minds, bodies and emotions influence their horse's behaviors and reactions. She gains great insight by applying the parallels between her work with horses and her training in the Martial Arts and Yoga.

Heidi is a CHA Master Level Instructor and Clinic Instructor. She teaches, trains and conducts a wide variety of clinics and workshops both at home and abroad. She resides in Southern Vermont at her family's farm, Maple Ridge Stable. To learn more please visit [www.InHarmonyWithHorses.com](http://www.InHarmonyWithHorses.com)



Photo by Betsy Lynch/Perfect Horse Magazine

Details

**Cost: \$175** per day, includes lunches.

**Onsite Lodging: \$100** per night, includes breakfasts and dinners.

**Offsite Lodging:** See [www.ponyfarm.com](http://www.ponyfarm.com)

**Board** for guest horses: **\$25** per night.

**Open Centered Riding Clinics** are open to riders and/or instructors of all levels and disciplines, and for able-bodied or riders with challenges.

Limited space available filled on a first come, first served basis. Makes a great gift for the horse lover in your family!!



**Centered Riding Techniques**

Join us at Pony Farm for an introduction to these dynamic teaching tools that will help improve every rider's technique and any instructor's lesson program.

Centered Riding is a way of expressing the classical principals of riding. It answers the question of "how" when the riding instructor tells you "what" to do to communicate with your horse. It applies equally to all English and Western riding disciplines.

These proven techniques have been developed by Sally Swift into a dynamic system for riders and a teaching method for all instructors. This knowledge will enhance relaxation, give riders greater freedom of movement and in many cases, reduce discomfort.

Blending the components of Alexander Technique of Body Control, Feldenkrais, and Martial Arts gives an instructor a unique perspective to unlock the rider's body, mind and spirit, and improve balance and movement.

Learn:

- Ground Exercises to introduce kinetic awareness before the student mounts
- Breathing Exercises to promote relaxation and reduce fear
- Mounted Exercises to help deepen the seat and create greater stability
- Basic Body Movement and how it connects to the horse's movement
- How to use your "center" when you ride AND when you teach
- How to utilize the body's natural energy to reduce tension

Who will benefit?

- Those interested in teaching
- Those wishing to improve the dynamic quality of their lessons
- Those wishing to improve their own riding communication
- Those experiencing discomfort when they ride