

ADU Equestrian Fitness Workshop

“Improve your Connection”

Two – Session Workshop (for any fitness level – please bring yoga mat)

Hosted @ The Taylor Mansion
2019 E. 4th St, Taylor, TX 76574
September 17th, 2022: 3pm – 5pm



FREE for ADU Members, Non-Members \$10 each*
***2023 Annual Membership Forms available at the door**

"Workout to Ride Better" - This is an approach designed for equestrians to improve their fitness. Focusing on posture, biomechanics and reducing tension in exercises to develop an independent seat, the ability to communicate aids, and skills to feel and follow the horse's movement better. Your old school workout might not help your riding!



Minna Harman is a Certified Personal Trainer with 20 years of functional fitness training experience and is a USDF Bronze Medalist



Veronica Armstrong is a 500 hour ERYT and nationally board certified Physical Therapy Assistant

"Chair Yoga for Equestrians" - Let's practice calm breathing, flexibility, body awareness, core stability, and mental focus while seated in a chair. Relaxing into these essential techniques can help enlighten your equine partnership, which can create better communication.

Event Contact: Minna Harman, minna.k.harman@gmail.com, 512-633-4678
RSVP: Please email or text Minna by 9/14



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