



EQUESTRIAN BREATHING WORKSHOP

! Unlock Your Riding Potential !

with

Allie Baier, DPT Certified Functional Movement Specialist

Dr Allie Baier, PT will be guiding us through breathing awareness and ways to use breathing as your new riding aide! Allie is a Physical Therapist, Equestrian, and Clinician who integrates physical therapy into her riding instruction. You'll learn what areas of your body support correct breathing, how to steer and direct your breath for the most subtle of cues for the horse, and how proper breathing protects your spine from strain and fatigue. We all know that sometimes all we need is to just take a deep breath and relax! Come join us for both the relaxation, and athleticism, your breath can add to your riding!

When: April 16, 2022, Check In 8:30 / 9:00-10:30 Workshop / 10:30-11:00 Q&A
Where: Back-In-Action Rehab, 1057 Fond du Lac Ave, Kewaskum WI 53040
Cost: \$30/person
Call: Lisa Hannes at (262) 951-0085 to register or for more information.

Continental Breakfast will be provided

PLEASE BRING A YOGA MAT OR SOMETHING SOFT TO LIE ON