

Steffen Peters is coming to Ottawa, Ontario, May 1, 2, 3, 2009



The Ottawa Area Dressage Group (O.A.D.G.) proudly presents a Dressage clinic with Steffen Peters – May 1, 2 and 3, 2009, at the Royal Canadian Mounted Police (R.C.M.P.) Musical Ride Arena, Ottawa, Ontario.

Steffen Peters is an accomplished international dressage rider. Steffen narrowly missed winning the individual bronze medal for the U.S. at the 2008 Olympics in Beijing. He was selected as the USEF Equestrian of the Year for 2008. In 2007, he placed 3rd overall at the World Cup in Las Vegas. He won team silver at the 2006 World Equestrian Games in Aachen, Germany, where he finished 6th overall.

The clinic consists of an evening classroom session on May 1; and riding sessions May 2 and 3. The clinic will progress from lower to upper level horses. Steffen will focus on the ultimate goal of dressage: developing the horse's self-carriage with light seat, leg and rein aids. Steffen will have a microphone so auditors, as well as riders will benefit from his teaching. Questions will be encouraged at the end of each ride and during the lecture. Auditing hours may be accredited for 6 hours of coaching certification. This is a unique opportunity to learn from a renowned dressage trainer and international competitor.

All are welcome to attend as auditors. The weekend package rate, which includes lunch on Saturday and Sunday, is \$100. Pre-registration deadline is April 24. Please see <http://www.ottawadressage.ca/Calendar.php> Questions can be directed to the Clinic Secretary, Cathy Gordon at 613-257-5145, oadgtreasurer@hotmail.com



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EQUIFITT.COM Equestrian Fitness is offering a parallel clinic option for riders interested in obtaining personalized off-horse fitness recommendations related to their riding needs. You are observed during your ride and assessed for postural and biomechanic issues which are impacting your ride. During your untack time afterwards, you do some further flexibility and postural testing. Your riding priorities, the primary clinician's input and other fitness information you provide are factored in to the development of your personalized rider fitness plan. You take home written recommendations to get started. To save time on the day of the clinic so you can resume auditing as quickly as possible, your plan is emailed to you within a few days.

Your plan is designed to be achievable based on your lifestyle (no need to go to a gym), and to help keep you focused on your biggest riding priorities for the following 4-6 weeks. Contact Equifitt if you have further questions.

The reduced EquiFitt price for riders participating in the clinic is \$75.



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