



Would you like to....

- ❖ Increase your flexibility and range of motion?
- ❖ Enhance communication between you and your equine partner?
- ❖ Take your riding experience to a whole new level....?

Then Synergy in Motion is for you!

Whether you bring your own horse, or partner up with one of our school horses - this 8 week life changing program will....

- ❖ Develop body awareness of both horse and human
- ❖ Increase confidence in the saddle
- ❖ Improve riding skills

Synergy in Motion is an innovative 8 week course focusing on the relationship between horse and rider in a new and exciting way! Come learn about using the movement and power of horses to sculpt and re-energize YOUR body.

What our students are saying

"This (class) is so helpful. I am learning finesse in my body so as to achieve finesse with my horse!"

"I really like having the hands on help to encourage me....having someone actually move my body for me is great!"

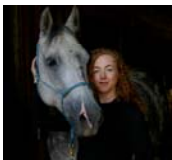
"I can really feel improvement on the horse from week to week. I am incorporating the exercises in my daily activities."

"These exercises were great for my hips, glutes etc. in learning which muscles were tight. I really like the practical applications once on the horse and the individual attention to each person's trouble areas!"

Meet the creative force behind Synergy in Motion -



Robyn Smith is a Registered Nurse with a background in anatomy and physiology. She practices Natural Horsemanship and believes the ability to learn from horses never ends. Her 20+ years of diverse riding experiences led her to develop the Seamless Riding program. "No matter what saddle you put on a horse, or what style of riding you choose...the foundation is a balanced, independent seat."



Dawn Spiegelberg is a Licensed Massage Practitioner (LMP) and a Certified Large Animal Massage Practitioner (LAMP), whose main focus is body structure and alignment. Her vast knowledge of kinesiology led her to create rH Balancing. "Identifying the underlying cause of muscular imbalance can dramatically improve harmony and function between even the most accomplished horse and rider."

Using the techniques taught by Robyn in her Seamless Riding classes and the body awareness and re-sculpting exercises of Dawn Spiegelberg's rH Balancing program, they will teach you how to realign, re-sculpt and reawaken your body's natural balance and rhythm...using the ultimate elliptical exercise equipment...The Equine!

What is SIM?

SIM is a three level course. Each level consists of 8 modules that build and expand on the techniques learned in the previous module. Each module contains both ground and mounted segments where you will receive individual, hands-on attention.

Level I – Body Awareness – Building a strong foundation in alignment and balance

Level II – Integration – Developing stability and coordination with the horse

Level III – Synchronization – Refining the motion of horse and rider through symmetry and connection

Call 206-351-1248 for more information & to reserve your spot today!