



Transformational Boot Camp

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Barb Strawson
FEI Trainer/Rider
Certified Balimo™ Instructor



Kim Lankford
Certified Pilates Instructor



Majorie Lewis
Massage Therapist



Norma Lynn Fox
Hike Coach

May 13 - 15, 2011

Now is a great time to bring out those exercise clothes and prepare for the upcoming show season. This **Transformational Boot Camp** is designed for riders to learn the importance of fitness and how cross training not only develops overall health, but better riding skills as well.

The camp will help riders:

- Evaluate** their current physical condition,
- Discover** body dynamics & how they effect the horse,
- Develop** a plan to continue moving forward with their own training, even when access to a trainer is limited.

Certified Pilates, Balimo™, and massage therapists will be available to evaluate and work with each participant. Make no mistake about it, this is a boot camp, so fitness through hiking the area is a must and, of course, riding!

For more information, please go to:

www.BarbaraStrawson.com

Weekend Includes:

- ~**Mounted Evaluation**
(assessment by practitioners)
- ~ **2 Stretch/Pilates/Body Awareness Sessions**
(Group participation)
- ~**Individual Pilates Session**
Kim Lankford
- ~**Individual Mounted Lesson:**
Bio Mechanics of Horse and Rider with Kim Lankford
- ~**Individual Mounted Lesson:**
Balimo™ session with Barbara Strawson
- ~**45-Minute Full Body Massage**
Marjorie Lewis
- ~**Two hikes**
Norma Lynn Fox
- ~**Two Lunches and Two Dinners also included**

Transformational Boot Camp Registration Form:

Participant: \$690.00 per person (stabling not included)
\$100.00 Deposit Due Upon Registration, Remainder Due By May 1, 2011

Name: _____ Horse's Name: _____

Address: _____

Street

City

State

Zip

Email: _____ Phone: _____

Make Checks Payable To: Barbara Strawson, LLC.
24400 Peach Tree Rd., Clarksburg, MD 20871

EQUINE ACTIVITIES WARNING DISCLAIMER: Barbara Strawson, LLC & Turning Point Farm are not liable for any injury of a participant or their horse during equine activities resulting from the inherent risk of equine activities. Attendee attests that they have provided all the necessary releases, certificates and paperwork required by the facility and the local and federal governing bodies.