

**Seat/Core “Balance In Motion” Lessons with Franklin Balls - 50 min
And/Or
“In Sync” Lessons - 110 min
With Karin Miles**

**Friday, Saturday & Sunday March 13-15, 2020
And
Friday, Saturday & Sunday April 24-26, 2020
And
Friday, Saturday & Sunday May 22-24, 2020**

**10,000 Wilson Road
Pilot Point, TX 76258
Hosted by: Cowboy Court, LLC
Bonnie Siegel
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214-707-1873**

Who is Karin Miles?

Karin Miles is a clinician/instructor from Germany, who presently lives at Miles and More Farm in Tony, Alabama.

Karin’s list of credentials is quite extensive and includes:

- **German Certified Riding Instructor and Bereiter.**
- **Certified by the German FN for “Bodies in Motion” (Balimo) after Eckhart Meyners (only one in the US)**
- **Certified Franklin Method Equestrian Balls with Dynamic Neuro-Cognitive Imagery (One of the first 8 certified worldwide)**
- **International Certified Riding Instructor – Level II (by International Group for Equestrian Qualifications (IGEIQ))**
- **USDF Certified Associate INSTRUCTOR**
- **USDF -L-Judge Program Candidate**
- **Junior Bronze Achievement Award Riding – FN Germany
Bronze Achievement Award Work In Hand – FN Germany
Silver Achievement Award Riding – FN Germany
Bronze & Silver Medal Award Lounging – FN Germany**

- Sally Swift Certified
- Centered Riding Certified
- Wendy Murdock's Sure Foot Pads Certified
- Certified Equine Massage Therapist
- Working toward certification in Masterson Method
- Straightness Training Mastery student and frequent ST workshop host

THAT is quite a list of qualifications!!!

For more information on Karin Miles, visit her website at:
<http://germanridinginstructor.com/>

Or visit her Facebook page at:
<https://www.facebook.com/Movement-alive-Karin-Miles-232037194257332/>

What does Karin Miles Teach?

Seat/Core; Balance in Motion; Movement Alive & "In Sync"

Mission

- To improve Balance in Motion.
- To educate the rider about the components of a good seat, as well as the challenges riders face in developing and maintaining that seat.
- To discuss and show the importance of balance in the rider's body and mind as it influences the ridden dialogue with the horse.
- To help riders use and understand more effective methods of riding instruction.

The Rider's Body

Riding is about the rider coming into harmony with the horse so that he/she may effectively communicate with the horse. It is not a mechanical process, but a union of two moving bodies so the horse is guided by the active and intuitive body language of the rider.

Philosophy

Each rider is a unique human being in body, mind, and personality. History, culture and life circumstances increase the imbalances in our physical bodies and disrupt the balance between mind and body.

Most riders believe in the importance of having a "correct seat", but have a hard time defining what that means. Too often the "correct seat" is defined by specific forms. Riding instructors often then assume that their job is to mold riders to fit those forms.

In reality, a "correct seat" is unique to each individual, taking into consideration the variations of each person's body. Riders and instructors must seek to uncover muscular imbalances that impede harmony between horse and rider. Then a combination of playful experimentation and specific exercises can be used to re-gain balance and improve coordination.

The goals of the exercises are balanced muscles, not simply stronger muscles.

The exercises are never forced, but rather achieve balance through a complete cycle of relaxing, stretching and strengthening.

Also, key to this work, is an understanding of the role that the human brain plays in telling the muscles what to do. Therefore, must have a basic knowledge of how to work with the rider's brain to achieve the maximum effect.

What will the lessons be like?

Karin is known for her emphasis in getting your horse more supple, willing and focused through working on "YOUR" correct seat.

Karin is never one to let grass grow under her feet! She is always learning more to help her horse/rider students. She has developed a new lesson/workshop format that is available if desired. You are still able to stay within the regular 50 min.

workshop/lesson format. The new “In-Sync” format is a wonderful addition.

What is “Movement In-Sync”? Karin has recently been certified by Therasage EMC to work on our horses’ bodies as well as our own through the seat/core position format! How cool is that?

What does the “In-Sync” lesson look like? Hear it from Karin herself:

Movement Alive - Karin Miles 🐾

**Introducing My Second Clinic Series:
"Movement In-sync"**

***Maximum four participants per day**

***Each lesson will be 110 minutes long for each participant.**

***Personally customizing each pair within the aspects of Massage, PEMF, Trigger Point for the Horse and the well-known Movement - Alive Seat/Core Biomechanics concept for the Rider.**

First, I will specifically check the Horse for any Tensions, Soreness etc. and use my massage techniques and special exercises for relief. Secondly, I will customize the Seat/Core Lesson, where I address the tension and/or soreness of the Rider to come In-sync with the Horse and vice versa. Thirdly, I will address my analysis from both the rider and horse for a more in-depth correction toward a solution.

We also will incorporate some In-Hand Work for better Movement of the Horse for more flexibility and feel for the Rider.

I am very proud to offer this new concept that I believe will be an amazing addition to the Seat-/Core Riding Lessons I currently instruct in the U.S. My mission is to help individual riders and their horse find a more collaborative relationship after our lesson.

Please leave a comment with your thoughts! Thank you and hope to see you all soon... Yours Karin ❤️🐾❤️ from Movement alive

A well-rounded seat, with movement in all joints, is necessary to become one with your horse. You will not believe how your seat will change after just one lesson with Karin.

Come work on your seat and connection through FUN special exercises which help you to get one with your horse through the Franklin Method for Equestrians including the Franklin Balls and Dynamic Neuro-Cognitive Imagery (DNI). Give it a try!

The lessons will be amazing! Let's have some Fun!

Auditors

A limited number of outside auditors is available
\$30 per day.

Pricing:

\$200 per 50 min rider spot – seat/core lesson
\$400 per 110 min rider spot – “In Sync” lesson
\$25 per night for RV
\$25 per day/night for stalls
\$15 per person per day for lunch – if reserved 1 week in advance
\$30 per person per day for auditors

Cancellation Policy:

- Your rider participant spot or auditor spot will be reserved once we receive your payment in full for the clinic.
- If you need to cancel your rider spot, AND we have a rider on our wait list who rides in the lesson, or if you can find a rider to take your spot, we will refund your fees in full.
- We will maintain a wait list if possible.
- You may pay for your stall, RV and lunch fees when you arrive if you prefer.

General Information

- Plenty of all-weather parking.
- Complimentary coffee, water, soft drinks and light snacks will be provided.
- Lunch is available if reserved 1 week prior to the workshop for \$15 per meal.

- 100' X 225' covered arena with fans and LED lighting.
- High quality double sifted arena sand with a 4 ½' solid wood wall.
- Mag Flakes so it never needs to be watered.
- 2 large arena fans

Lodging for you and your horse

We have ten 12' x 12' stalls available at \$25 per day/night
We have 6 RV hookups available at \$25 per night, with water, 110V and 30 amp. RV electric plugs

Area hotels:

Sanger Inn
1400 N Stemmons Street
Sanger, TX 76266
940-458-7910
\$59.95 to \$69.95 plus tax per night

Lone Star Lodge & Marina
220 FM 1192
Pilot Point, TX 76258
940-686-0261
1 king bed or 2 double beds \$95 plus tax

Fortunata Winery
2297 FM 2931
Aubrey, TX 76227
940-440-9463
\$139 - \$199 per night

Photo and Video:

Riders are allowed to film their own lessons for private use. It's not allowed to put the recordings on YouTube or any other internet platforms.

Feel free to forward this information to anyone who you think might be interested.

How to register

If you are interested in becoming a lesson participant or auditor, simply email Bonnie Siegel at shoulderin@icloud.com or call me at 214-707-1873 and I will forward you the registration forms.

Contact:

Bonnie Siegel
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Pilot Point, TX 76258
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