

Sleepy Hollow Farm Proudly Presents
Erica Poseley "GOT SEAT" Clinic

Hosted at Majorca Farm, Tiverton RI

Sit Better, Ride Better with Erica Poseley in this GOT SEAT Clinic!

"Before you can control your horse, you have to be able to control yourself first" ~Kyra Kyrklund.



Erica Poseley has spent the last 20 years developing an expertise in the dressage seat and position. She has studied in Germany at Reitinstitut Egon von Neindorff-one of the most renowned masters of developing the seat. She has also studied with many top judges, instructors, and clinicians throughout the US including Sandy Howard, Mary Wanless and continues these studies with these great dressage masters to continually develop herself. Erica teaches clinics and gives consultations focused on upgrading the rider's seat and dressage riding position. She is one of only 3 "Ride With Your Mind" Coaches in the USA! Her background as a philosophy graduate (Cum Laude BA from UCLA) has given her the tools to communicate clearly.

"No horse can rise above its riders limitations" ~Erica Poseley.

During this clinic she will engage you and break down each element that creates the correct seat and focus on what your specific needs are at any given time. You will be amazed at how much she can change in your body in such a short amount of time, through increasing the awareness in your own body!

Format for Clinic:

November 19 & 20 (Sat & Sun)

8am-5pm (both days)

Located at Majorca Farm- 831 Bulgarmarsh Rd, Tiverton, Ri –Not far from Rte 24.

Each Rider will ride both Sat & Sunday and will also have your Saturday's ride recorded and saved to DVD and included. All levels & disciplines of riders are encouraged; space is limited so please register as soon as possible. There will be a continental breakfast (consisting of assorted muffins and bagels with jellies, jams, butters and cream cheeses) for all participants as well as auditors catered by the famous Mirasol's Café. Lunch will be also be available also catered by Mirasol's Café- for an additional \$12 and includes: wraps, chips, cookies and beverage.

Clinic Participant- \$335/Rider

(You will ride both Sat & Sun)

Clinic Auditor- \$35/day or \$50/Sat & Sun

(Registrations after Nov 12 postmarked \$40/day & \$60 both days)

Lunch- \$12/per person /per day

Amy Riley of Studio Equus ~ Studioeq.com will be covering this clinic with photo and media. Amy will be available to video the second day, and is offering photography services both days. Let her creativity capture your best moments with a world class clinician to review over and over!!!!

*** Time slots are filling fast so please register NOW to reserve a space for you. Visit: <http://sleepyhollowfarmma.com> and visit

"WORKSHOP/CLINIC" for more information and to register**

For More information regarding this or future clinics please contact Meghan Hamilton Yallen at email: sleepyhollowfarm@live.com or by phone: 508-317-0098

For more information about trailering in and stabling options:

please contact Trish Gomes owner of Majorca Farm at 401-862-3919.



This clinic is being presented by Meghan Hamilton-Yallen at Sleepy Hollow Farm located in Dartmouth, MA, and is being hosted at Majorca Farm

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