



**USDF**  
University



MARCH  
**14-15**  
2020

# Rider's Block?

## *Whole Rider Workshop*

Spend the day (or weekend) improving yourself in everything about you and your riding.

Our experts in riding, mental performance, wellness/nutrition, yoga, personal training, and massage will help make your riding dreams come true.

- **Create Riding Breakthroughs**
- **Improve Flexibility & Strength**
- **Deepen Confidence & Focus**
- **Enhance Energy & Wellness**

Hands on workshops in small groups for maximum benefit and comprehension.

**MARCH 14-15, 2020 LOXAHATCHEE, FL**

VISIT [WWW.THERIDERPROJECT.ORG](http://WWW.THERIDERPROJECT.ORG) FOR MORE INFORMATION  
**BOOK YOUR SEAT TODAY!**



**USDF UNIVERSITY ACCREDITED COURSE #103224**