



USDF
University



APRIL
18-19
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.

APRIL 18-19, 2020 AUGUSTA, MI

VISIT WWW.THERIDERPROJECT.ORG FOR MORE INFORMATION
BOOK YOUR SEAT TODAY!



USDF UNIVERSITY ACCREDITED COURSE #103226