





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 28-29, 2020 LAKE CITY, FL

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