

## ***The “Visible Rider” Coming to Kansas!*** **-And a Centered Riding Clinic -**

Hidden Acres Farm in Meriden, Kansas, has announced a ***Centered Riding® Clinic*** and ***Visible Rider®*** demonstration with international instructor and clinician, Peggy Brown. The weekend will begin with a special presentation of the ***Visible Rider*** the evening of April 7 and continues on April 8 and 9 with the riding clinic.



On Friday evening, April 7, Peggy will present the ***Visible Rider*** demonstration. Riding and wearing a custom painted “skeleton suit” (art by Susan E. Harris), Peggy shows how the rider’s body works when riding in balance with the horse at all gaits. This "inside view" shows clearly when the rider is straight, balanced, and using her body well. It’s also easy to see what happens when she demonstrates common riding faults and how they affect the horse and rider. Many riders (and their instructors!) recognize their own habits, and can see how common riding problems can be addressed by understanding how the body works. The ***Visible Rider*** demonstration is open to the public, and the cost is included in the clinic fee for clinic participants.

On April 8 and 9, Peggy will teach a ***Centered Riding*** Clinic. Originally developed by Sally Swift, ***Centered Riding*** is used by riders of all ages, levels and riding interests, from beginners to Olympic competitors, and is taught by ***Centered Riding*** instructors around the world. Centered Riding is a method of teaching and learning riding which addresses how the rider’s mind affects the body, and how both interact with the horse. It stresses good use of the body in horse and rider, making riding more balanced, athletic, and less stressful for both horse and rider.

**The April 8 and 9 clinic offers *Intro to Centered Riding*, and *Continuing Centered Riding* classes.** The clinic is open to riders of any discipline and riding level. Pre-registration is required for all clinic riders. Clinic tuition is discounted with early registration.

Peggy Brown is an international Level IV ***Centered Riding*** and Driving Instructor and Clinician. She has taught clinics and given demonstrations in Centered Riding, Centered Driving, safety, teaching and horsemanship in North America, Australia, Europe and the UK. In 2005, Peggy was named ***Instructor of the Year*** by the American Riding Instructors Association. Peggy is well-known as the ***Visible Rider*** in the ***Anatomy In Motion®*** videos and demonstrations.

Peggy has trained horses and riders for over 30 years at her stable, Walnut Hill Farm in Toledo, Ohio. She coaches students and competes in dressage (Third Level), hunter, jumper, English and Western pleasure and performance classes, trail, pole bending, barrel racing and versatility classes.

Peggy currently competes in Combined Driving Events at Advanced Level with her Haflinger mare. Peggy has been long-listed for the US Equestrian Team in Combined Driving.

For more information on the ***Visible Rider*** demonstration or the ***Centered Riding*** clinic, contact Carol O’Donnell Wilson, at 785-484-3570 or [hiddenacresfarm@earthlink.net](mailto:hiddenacresfarm@earthlink.net).