



# *Youth Pilates Workshop*

## **With Sharon Spaziani**

*(certified Pilates Instructor, Owner: Millstone Pilates)*

**Youth have priority (Under 21 yrs.)**

**Sunday January 22, 2012**

*Entries due Jan. 17*

**(Located near exit 8 off the NJ Turnpike)**

**Millstone Pilates, 451 State Route 33, Millstone Township, NJ 08535**

**Pilates** is a great core strengthener, and with Sharon's longtime experience as a rider herself in addition to being a Pilates instructor to many professional riders, she brings a wealth of knowledge and insight to aid people in becoming more efficient and effective riders. Her studio boasts many different pieces of equipment for her to address your individual needs. She has a Balimo chair, balancing boards, fitness balls, rollers and more, plus the more traditional Pilates equipment: reformers, towers, and ladder barrel.....

***All Participants will meet at 10:00 AM for a group "basics" session.***

Sharon will then start working individually with participants.

- You will speak with Sharon about problems you are having with your riding i.e. turning left, crookedness, tightness, weakness, anything you find physically difficult to do on a horse.
- Sharon will assess you.
- You will then learn specific exercises to do at home that will help improve your riding and make you more body aware– so you CAN ride with independent aids!.

**30 minute private session plus introductory group session**

ESDCTA Members: \$25

Non-members: \$35

***Mail entry (and check made out to ESDCTA) to:***

***Heidi Lemack 12 Hill Rd. Allentown, NJ 08501***

***(Please use ESDCTA Entry form downloadable from [Esdcta.org](http://Esdcta.org))***

**All proceeds from this clinic will go to support  
future ESDCTA Youth Programs**