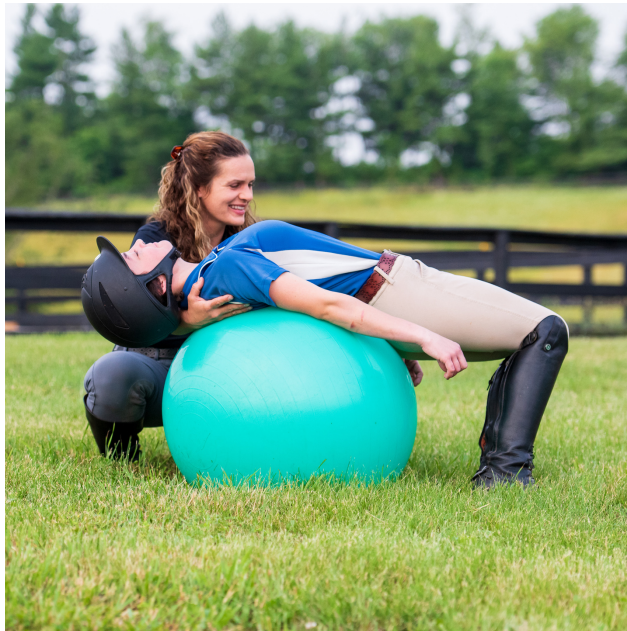


# HOST A C.O.R.E RIDER CLINIC!



## ABOUT C.O.R.E RIDER

C.O.R.E is an acronym for Centered, Organized, Responsive, and Effective. Riders learn how to use their aids in a clearer, more organized and effective manner, thus developing a responsive, balanced horse. The method assists in developing a sense of awareness of their movements and use of self. In the process, this promotes ease of movement, coordination and flexibility. Skills learned through this program are applicable to every discipline of riding! Professionals, amateurs, pleasure, and competitive riders will all receive great value from a C.O.R.E rider clinic.

## ABOUT GLENDA PLAYER

Raised at Playland Equestrian Center, Glenda has loved horses since childhood. As a young rider, she was an active member of Pony Club and received her 'B' rating. After earning her Bachelor of Equine Science, she has focused on dressage and eventing while breaking and bringing along many Playland homebreds. A perpetual learner, Glenda has certifications in Centered Riding alongside a long list of experience training with some of the best-of-the-best in the equestrian world, including a 32-hour equine biomechanics course with the world-renowned Hillary Clayton. Between 2011 and 2014, Glenda traveled to Germany for a 500-hour training course at the Mind Body Studies Academy, learning the language of communication between the brain and body. She developed her unique C.O.R.E rider method through her collective education with significant influence from her time at M.B.S. Glenda helps riders create a picture of balance and harmony through movement



GLENDAPLAYER@GMAIL.COM - (301).788.1188

# CLINIC STRUCTURE AND PRICING

## CLINIC STRUCTURE

### FULL DAY (TWO RIDERS PER LESSON)

8:00am - 9:00am: AM Unmounted group session  
9:30am - 10:30am: First group lesson  
10:30am - 11:30am: Second group lesson  
11:30am - 12:30pm: Third group lesson  
12:30pm-1pm Lunch  
1:00pm-2:00pm: PM Unmounted Session  
2:30 - 3:30: Fourth mounted lesson  
3:30-4:30: Fifth mounted lesson  
4:30-5:30 Sixth mounted lesson

### HALF DAY (THREE RIDERS PER LESSON)

8:00am - 9:00am: Unmounted group session  
9:30am - 10:30am: First group lesson  
10:30am - 11:30am: Second group lesson  
11:30am - 12:30pm: Third group lesson



## PRICING

- \$1,200 per full day plus travel costs
- \$800 per half day plus travel costs (limited to facilities within 90 minutes of Playland Equestrian Center)

## SUGGESTED REGISTRATION RATES

### FULL DAY

\$140 per person for both unmounted and mounted sessions, or \$65 per person for unmounted only and \$80 per person for ridden only. Riders choose to commit to the AM or PM session, participating in their unmounted group then riding in a lesson after.. With 12 riders doing both sessions, there is a \$480 profit for the organizers.

### HALF DAY

\$110 per person for both unmounted and mounted sessions, or \$50 per person for unmounted only and \$70 per person for ridden only. With 9 riders doing both sessions, there is a \$190 profit for the organizers.

## WHAT TO BRING

Please instruct all participants to come with a yoga mat and clothes that stretch enough for full freedom of movement for the unmounted session.

## PAYMENT METHOD

Please make all checks payable to Playland Equestrian Center LLC.

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