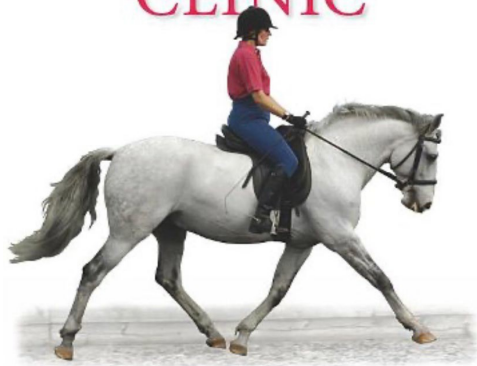


# Ride With Your Mind CLINIC



Rider Biomechanics – Basics to Brilliance

Be the Best Rider You Can Be!

**Instructor:** Stephany Fish-Crossman  
Certified Ride with Your Mind  
(RWYM) Instructor

September 26-28, 2025

Sponsored by Grand Valley Dressage Society &  
The Alice Hoffner Memorial Education Fund

Location: Roy Yates Horse Training  
2033 J Rd. Fruita, CO

**Ride with Your Mind Registration-  
Entry Deadline September 23, 2025**

**NEW TWO-DAY Riding Option – Saturday &  
Sunday!!**

Have you ever noticed that every horse you ride eventually has the same bad habit, like leaning out one shoulder, not turning a certain way, or only picking up one lead? This could be a function of YOUR position! While you may feel straight and have a good feel for where you are in the saddle, there are often rider bio-mechanical issues that play into these repeated problems. Whether you ride English or Western, for pleasure or for competition, working from a bio-mechanical point of view can improve your jumping, trail or working equitation course, your dressage score or simply enhance your time in the saddle. Our clinic focuses on developing both the tools to ride well and the understanding of the theory behind the riding. Understanding the reason *why* something is being done creates confidence in the rider, and the ability to repeat it later.

## **Clinic format:**

Riders can choose to work in a 50-minute private session, or in groups of two for 60-minute sessions. Stephany will adapt your session(s) to your style of learning. **All levels, breeds, and disciplines are welcome.** After lunch, Stephany will hold an unmounted session with exercises to improve your balance, sense of feel, and “*sense of correct*” versus “*correct*”. She will also have ample time for questions from auditors. We encourage each rider AND auditor to stay for the unmounted session, as many “aha’s” are found OFF the horse. We look forward to meeting your needs and exceeding your expectations!

## **About Stephany:**

Stephany is a USDF Bronze and Silver Medalist, as well as one of only five Level 2 Accredited Coaches with the RWYM program in the US. She has studied in Germany and received her Trainer A Certification while there. She has trained numerous horses to the FEI level, while still working at the grass roots level with Pony Club and other local organizations. Her facility is based in Okeechobee, Florida. See more about her at [www.SerendipityDressage.net](http://www.SerendipityDressage.net)

**Contact:** Karen Harkin 303.489.9487 or [ksharkin@gmail.com](mailto:ksharkin@gmail.com) for more information and questions on how to register. Sign up below.

**GVDS Members and Associates get discounted rates for clinic**

**GVDS Volunteers get additional discounts if volunteering more than 10 hours in 2025 as of 9/1/25.**

**Fees:**

- GVDS Member/Associate Audit fee: \$5/day
- GVDS Member/Associate Semi-private lessons \$265/each rider for all three days
- GVDS Member/Associate Private lessons \$525 for all three days
- GVDS Member/Associate Private lessons \$350 for two days (Saturday & Sunday)
- Non-GVDS Member/Associate Audit fee: \$10/day
- Non-GVDS Member/Associate Semi-private lessons \$300/each rider for all three days
- Non-GVDS Member/Associate Private lessons \$600 for all three days
- Non-GVDS Member/Associate Private lessons \$400 for two days (Saturday & Sunday)

If doing a semi-private lesson, and your preference is to find your own partner to work with, please do so. But if you can't, we will try to help.

In appreciation of our GVDS volunteers, we are giving you a special coupon for a discount on this clinic. If you have volunteered for more than 10 hours for GVDS this year, you received a coupon by email which can be used for yourself, or a person you would like to sponsor for the clinic. This is our thank you for your service to GVDS.

Name of Rider: \_\_\_\_\_

Name of Partner if semi-private: \_\_\_\_\_

\_\_\_ I need help finding a partner

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Horse: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Morning or afternoon session preferred: \_\_\_\_\_AM \_\_\_\_\_PM (We will try to honor your request if possible, when scheduling riders)

Volunteer Coupon Amount: \_\_\_\_\_ N/A \_\_\_\_\_ (please attach coupon if you received one or are sponsoring a rider other than yourself)

RMDS/GVDS or GVDS Associate \_\_\_\_\_ Non-member or GVDS Associate \_\_\_\_\_

Total Fee Paid (less coupon if applicable) \_\_\_\_\_

Please forward completed application to [ksharkin@gmail.com](mailto:ksharkin@gmail.com)

**Fees to GVDS as noted below:**

- Checks: Grand Valley Dressage Society  
2242 Signal Rock Court Grand Junction, CO 81505-8305
- Venmo: @gvds1
- PayPal: info@gvds.org. (Please add \$5 to total to cover PayPal fees))