

THE SECRETS OF BENDING™

Clinic & Lecture Series

with Holly Mason

**Equine Bending & Suppling: how to do it,
how to teach it, and why it is so important!**

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clinics are always custom
designed for your facility,
riders and students.

BENDING • INCREASES RANGE OF MOTION •

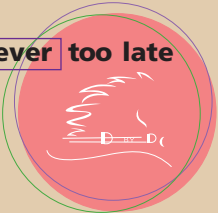


• IN THE JOINTS & IN THE SPINE • BENDING • THE KEY TO SUPPLENESS •



HOLLY MASON,
INTERNATIONAL EXPERT
IN THE BIOMECHANICS
OF HORSE & RIDER
AND AUTHOR OF:

It's **never** too late



to learn
to improve
to make a difference in your riding!

Holly Mason
international specialist
in the biomechanics
of horse & rider



BENDING • CREATES FLUIDNESS • BENDING • VALUABLE FOR ALL DISCIPLINES •



HOLLY H. MASON
19 LAUREL LANE • LINCOLN, RI 02865
401.333.9291
e-mail: dressagebydesign@cox.net

www.dressagebydesign.com

Contact Holly directly for more
information or to arrange
a Secrets of Bending clinic.
Brochures & promotional posters
available upon request.