



Palos  
Verdes  
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Horsemen's  
Association

# DISPATCH

Volume XXII Issue II

Pam Turner, Editor

February 2008

## Danielle Vindez Presents Fit To Ride

Danielle is a graduate of UCLA with a B.A. in Sociology. She holds certifications from International Coach Federation; the American College of Sports Medicine as a Health Fitness Instructor; the National Strength and Conditioning Association, as a Certified Strength and Conditioning Specialist; and the American Council on Exercise as a Lifestyle and Weight Management Consultant.

"Being an outstanding rider has as much to do with your state of mind, and your spirit, as it does with your physical fitness. It is the natural flow of your integrated body, mind, and spirit that can bridge the gaps in your partnerships, be they equine, or not." She will suggest and demonstrate stretches, exercises, and disciplines to enhance your equine and human experiences. They are what she has found to be most valuable to herself, as a trail and team penning equestrienne, to her clients, and her mentor, Maryse Shank, a national dressage champion. Wear comfortable clothes if you wish to try these exercises, and bring an "exercise ball" if you have one!

See you there on Thursday, February 21 at the Empty Saddle Club!

Melody Colbert, Treasurer

