

**Southwest Virginia Dressage Association
Educational Sunday – May 16, 2021
Green Hill Park Equestrian Center Salem, Va
Free to all – Bring your lunch and enjoy the day
Registration starts at 9am**

9:30 am - Katherine Abrams: Constructing a musical freestyle

Katherine is a USPC graduate and a USDF silver medalist. She currently competes at Grand Prix and has composed and ridden Pas de Deux at National competitions.

10:30 am - Tracey Smith -Oliver: Cavaletti for gymnastics and training your horse

Tracey is a "L" graduate and a USDF certified trainer through second level

11:30 am - Dave Cecchini: Strengthening your core without going to the gym

Dave is an ACSM Certified Exercise Physiologist with Valley Active in Blacksburg

12:30 am - Dr. Jennifer Benson: Body work for your horse

Dr. Jennifer Bensen has been adjusting animals in Southwest and Central Virginia for over 8 years. After becoming a Doctor of Chiropractic she furthered her education in animal adjusting at Options for Animals and became IVCA certified in 2012. She showed Saddlebreds extensively growing up in the Midwest but learned how to ride Hunt Seat and Dressage while in college at Virginia Tech. 5 years ago she purchased her first Dressage horse and earned her bronze medal and part of her silver medal. Being a rider is a great advantage in equine chiropractic as she understands many of the feelings her client describe when things just aren't quite right with their horses. She works with all sizes, breeds and types of horses and truly enjoys working with each and everyone.

Used tack sale

Everyone is encouraged to bring a table and sell used tack and riding apparel. Each person is responsible for your own table and sales.

For more information contact Laura Nelson (galliard.laura7@gmail.com)

COVID 19 protocol: Please practice social distancing during the educational day. Please wear a mask when within 6 feet of other participants.

Directions to park: I-81 to exit 137, exit right ½ mile onto Rt. 619 (Wildwood Rd). Right at traffic light onto Rt. 11 South (460W & West Main) and go ¾ mile. Turn left onto Rt. 639 (Diuguids Lane) at traffic light. ALL TRAILERS: Entrance 1 mile on right. ALL OTHER TRAFFIC: Entrance 1 ¼ miles on right.

Website: SWVADA.org

