

# **Balimo clinic at White Aspen Stables, 56th Street, Billings, MT**

Date: April 19-20, 2008 8-6 p.m. each day

Instructor: Tracy Robertson, California

Clinic Organizers: Linda Priddy, 7241 US HWY 3, Billings, MT 59106 406-259-8969

Stacy Deitz: 406-652-1911

BSEA will be sponsoring a Balimo clinic with Tracy Robertson of California. Tracy's biography is below. Tracy has worked with a variety of riders at her clinics, eventers, hunters, jumpers, dressage riders and reiners. Tracy is also a certified Postural Alignment Specialist obtaining her degree through Egoscue University, graduate B pony clubber eventing through Preliminary and training horses through Prix St. George. Each clinic day will start with a lecture and exercises that the demo riders and participating auditors will partake in. After the conclusion of the lecture, the first demo rider will start after the last ride of the day then there will be a review and question and answer session. Participating auditors will be able to ask questions of Tracy and work with her on exercises and the Balimo chair. Tracy has asked that each demo rider to send a video of their riding to help her develop a plan to make the most of the clinic. BSEA members will have priority for the demo rides and participating auditors. Memberships are available at the Big Sky Equestrian web site. [www.bigskyequestrian.org](http://www.bigskyequestrian.org)

## **Tracy Robertson, CA Biography**



**Tracy & 'Rama' Prix St. Georges Arabian**



**Tracy & 'Cole' 2nd level from Sweden**

Tracy Robertson is a Graduate Core Instructor for the Balimo Instructor Training Program and Faculty for the Human as a Functioning System. She is a certified Postural Alignment Specialist through the Egoscue University. Currently she holds a USDF bronze medal and has horses training through Prix. St. Georges. Tracy is also a graduate “B” pony clubber who has evented through the Preliminary Level.

Tracy is the head trainer and instructor of Rose Farms Dressage in Cherry Valley, Ca. This year she has helped her students achieve numerous wins on the local and national levels, and assisted them in receiving grants to further their educational opportunities. She is also the Vice Chair of the Inland Communities Chapter of the California Dressage Society. Currently she is teaching clinics in throughout North America.

Tracy Robertson is a Graduate Core Instructor for the Balimo Instructor Training Program and Faculty for the Human as a Functioning System. She is a certified Postural Alignment Specialist through the

Egoscue University. Currently she holds a USDF bronze medal on a 14.2 hand Arabian and has horses training through Prix. St, Georges. She also owns and shows an imported 5 year old Dutch Warmblood. Tracy is also a graduate "B" pony clubber who has Evented through the Preliminary Level.

Tracy is the head trainer and instructor of Rose Farms Dressage in Cherry Valley, Ca. This year she has helped her students achieve numerous wins on the local and national levels, and assisted them in receiving grants to further their educational opportunities. In 2007, She was the Vice Chair of the Inland Communities Chapter of the California Dressage Society. Currently she is teaching clinics in throughout North America.

In 2005 Tracy was made her first trip to Germany to work with Eckart Meyners, and ride with Grand Prix rider and trainer Eva Rainsborough at her personal facility just outside of Luneburg Germany. In 2006 and 2007 she was invited to ride at the prestigious Deutsche Reitschule, the German Professional Riding Academy, in Warendorf, Germany, with Master Trainer Hannes Mueller with whom she had trained previously in the States.

Tracy's goal as an instructor and trainer is to develop good, fit, independent riders who ride in balance both physically and mentally with their horses. The following is directly from [www.equestrianeducation.org](http://www.equestrianeducation.org) The Balimo Chair web site.

**"You can not learn to ride better simply by riding more. You must correct the rider's ability to move with the horse's natural motion to see real improvement in the performance." Eckart Meyners**

This unique Balimo Chair allows you unrestricted, natural, yet complex three-dimensional motion; these are the motions that are required to maintain balance. By sitting on this Balimo™ Chair, you are constantly in motion, constantly balancing. Even the smallest movement in your hips and pelvis invigorates your whole body from head to toe. The range of motion and the constant fixed alignment of your spine with the pivot point reactivates diverse muscle groups. This unrestricted and self-initiated motion coupled with an upright and balanced posture produces a pleasing and unique body awareness and training effect. The Balimo™ Chair is adjustable and goes from about 16" off ground to 23" off ground.

Stress, restrictions and bad habits severely limit our daily mobility. Regular chairs are either rigid and confining which prevents mobility, or they are overly soft, causing passive slouching. Poor posture and lack of mobility can, over time, cause you to lose many of your natural abilities to be in balance and move upright. Through frequent use of BALIMO™ and the diverse exercises outlined in this booklet, you can regain many of your body's natural abilities. The key is self-initiated motion in balance.

BALIMO™ was created by a bio-medical research scientist in conjunction with a professor of sports physiology and kinesiology to help the user develop a better sense of balance and to regain and increase flexibility of the hips and spine.

#### **Using BALIMO™ regularly helps you:**

- Mobilize and extend your range of movement in the hips and pelvis
- Activate and revitalize vertebrae through soft but complex motion
- Train and reconnect muscles along the spine, head and neck area
- Integrate and train the autonomous muscle and nervous system
- Reconnect neural pathways
- Sharpen your senses and increase your confidence
- Support the digestive system

**PARTICIPANT’S ACKNOWLEDGEMENT OF ASSUMPTION OF THE RISK, RESPONSIBILITY FOR POSSIBLE INJURY AND RELEASE OF LIABILITY**

**NOTICE: NO INDIVIDUAL MAY BE MOUNTED ON ANY PART OF THE GROUNDS WITHOUT COMPLETING A WAIVER OR HAVING ONE EXECUTED ON THEIR BEHALF.**

I understand that during my participation in events sponsored by or coordinated by Big Sky Equestrian Association (hereafter “BSEA”), I may be exposed to a variety of hazards and risk, not all readily foreseeable, that are inherent in any contact with equines defined by Montana Code Annotated §27-1-725(2) as “ a horse, pony, mule, donkey, or hinny.”

In exchange for my acceptance as a participant in this outing, and for the services and amenities provided by BSEA, I confirm my understanding of the following:

1. That there is an inherent risk in any sport associated with equines. Further, such sports are “high risk” and require a basic understanding and skill level to safely work with and control such animals.
2. That included in the risk associated with participation in equine events is the possibility that an animal being used in the event may act in such a manner as that may result in injury to the rider, the animal, or spectator. Participants for purposes of this waiver include riders, auditors and spectators as well as all individuals who are present at and for the event.
3. That there are certain conditions that can affect the behavior of an animal, including but not limited to: Unfamiliar objects encountered on the grounds or in the area, unfamiliar sights or smells, unfamiliar animals or persons, collisions with other animals or riders, negligent acts of other participants, including but not limited to failure to control their animal(s) and falling from their animal. I understand that these conditions may result in injury to myself or my animal(s).
4. That I am engaged in equine activities as defined by Montana Code Annotated § 27-1-726(a-d) and I specifically warrant that these activities do not include any type of racing involving equines.
5. That it is my responsibility, prior to bringing my animal(s) onto the property wherein the event is scheduled to be held, to examine all areas where my animal(s) or I may travel in the course of participation. These areas include, but are not limited to: Staging or unloading area, warm-up area, stable, barn, or other location designated by the landowner or BSEA as a holding area for the animals. The purpose of this examination is to look for obvious or hidden dangers or obstacles that may result in injury either to myself or to my animal(s).
6. That it is my responsibility to identify, prior to the start of the event, all spectator areas such as bleachers, concessionaires’ areas or those areas where spectators are located. Further, I understand that it is my responsibility not to take any animal into an area where spectators are located.
7. That BSEA does not rent, let or otherwise provide equestrian equipment, (“tack”) for use by participants. Further, BSEA does not warrant any tack that a participant may use for fitness or safety.
8. That there are protective devices such as SEI/ASTM certified protective riding helmets that can greatly reduce the risk of head injury associated with falls or being “thrown” from a horse. I understand that it is my responsibility to provide my own protective head gear and wear it at all times while mounted. At this time I am WEARING / DECLINING to wear a protective vest while jumping cross country. \_\_\_\_\_(please initial and date.)

To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS AGAINST, AND RELEASE FROM LIABILITY**, BSEA, its officers, directors, employees, agents, event organizers, and members, as well as the landowner from whom the event area or arena is rented from any liability on account of, or in any way resulting from damages or injuries sustained in connection with this event.

I have read the foregoing in its entirety and I freely and voluntarily assume all risk of such injuries and damages and notwithstanding such risks, I agree to participate in this event.

\_\_\_\_\_  
Name of Participant Signature of Participant

Date: \_\_\_\_\_  
Signature of Parent or Guardian

Location: White Aspen Ranch, 56<sup>th</sup> Street West, Billings, MT  
Event: Balimo/Improve your Position Clinic with Tracy Roberston Date of Event: April 19-20,2008

# 2008 Balimo Clinic Entry Form

circle the correct entry

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Enclosed please find a check made out to Big Sky Equestrian Association (BSEA) in the amount of \$\_\_\_\_\_

Mail entry, signed waiver and check to Linda Priddy, 7241 US Hwy 3, Billings, MT 59106 406-245-8969

Participating Auditor	Two Days	\$50	Limited 25 Priority given to BSEA members
Non Participating Auditor	Two Days	\$30	Unlimited
Non-Participating Auditor	One Day	\$20	
Demo Rider (6 – 8 only)	Two Days	\$175	Priority to BSEA members

Name:	
Phone:	
Address:	
City, State Zip:	
e-mail:	

**Clinic location: White Aspen Ranch, 56<sup>th</sup> Street West, Billings, Mt. Please do not bring dogs.**