



USDF Bronze & Silver Medalist, USDF L Graduate*, & Trainer
Danielle Perry

Horse & Rider Fitness

Ever wonder what some of those movements should feel like?

No I mean really FEEL like?

What muscles should you use? What body parts should you move?

How much motion is enough and how much motion is too much?

*And sure, everyone says you should exercise to help you improve your ride
but does any of that really help? And who has the time?*

**Well here's a chance to combine a focus on *your* health and fitness
and your horse's health and fitness.**

After all, we would do anything for our horses so why not get some benefit for ourselves too?



**This is a six week online program
in which you will follow along with your fellow
equestrians around the world -- Get ready for Spring!**

Email RevelationFarm1911@gmail.com to SIGN UP & Link to the Online Course

Danielle Perry | Revelation Dressage

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RevelationFarm.com

620 Old Jones Road

Alpharetta, Georgia 30004



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REVELATION
DRESSAGE

Horse & Rider Fitness

Reveal the inspired, confident rider that you know you are on the inside!
Prepare to have some fun while learning and getting stronger,
more balanced and flexible for both horse and rider!

What to Expect

TIPS & TRICKS:

Plan Your Rides & Reach Your Goals
Plan Your Fitness & Find the Time
Feel the Movement On & Off of the Horse
Better Horse & Human Health

Weekly Video Review:

Work on Position

Put into Practice :

Materials from Readings

Of course, some Q&A and More!

*As we know, riding horses, and
sometimes even exercise is dangerous.
Please consult your physician for
guidelines for your specific health needs.
A liability release is required to participate.*

Online Course Dates

Module 1 - Sunday March 13 @ 7 PM

Module 2 - Monday March 21

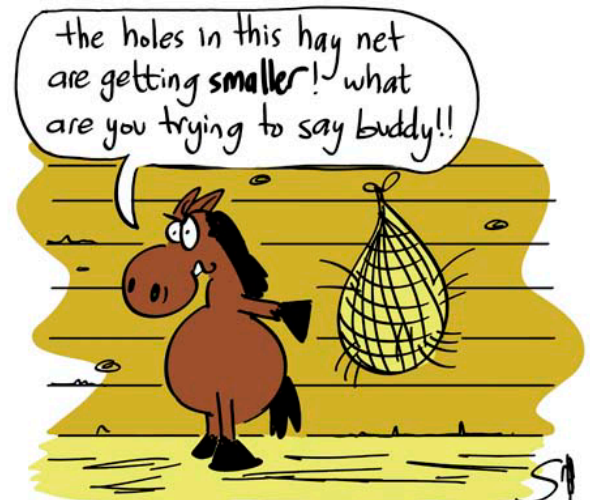
Module 3 - Monday March 28

Module 4 - Monday April 4

Module 5 - Monday April 11

Module 6 - Monday April 18

Bonus Training! - Release End of April



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