

More than just biomechanics...

James Shaw

"Ride from Within"

Colorado Clinics, March, 2016

Several locations -- see below for details!

Advanced clinic option for those who have ridden with James before and would like to go into greater depth with this amazing work.

Presented by Anam Cara Equestrian



"Riding with James has not only improved my ability in the saddle, it's changed my relationship with my horse." Kate, Parker CO



Would you like to be able more easily to find and keep your position in the saddle?

Would you like to be able to deliver your aids with a whisper, rather than a shout?

Would you like to be able to sit the trot without bouncing?

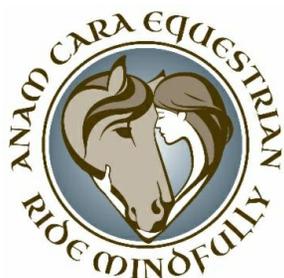
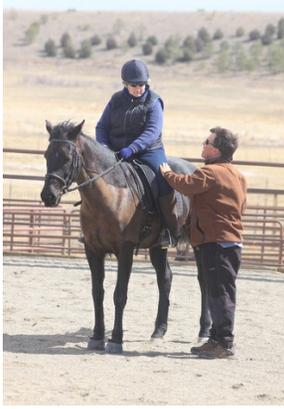
Would you like to be able to ride without pain in your lower back?

Would you like to have the feeling of riding from within and being one with your horse?

Would you like to be more "present" when you ride?

Join us for this amazing opportunity to work with James Shaw. Riding spaces are limited -- please register early!





Clinics will be held in both the Boulder/Longmont and Colorado Springs areas. Private lessons also available.

See schedule below.

Contact clinic organizers listed below for more information. Click [here](#) for registration form.

Fees (may vary slightly, depending on location):

Private lesson: \$150

Single day clinic: \$225 (discounted for multiple days)

Unmounted participant: \$75/day (includes auditing)

Contact clinic organizers for specifics.

Clinic Schedule

March 4-6: 3-Day Clinic at Happy Dog Ranch, Littleton

Contact: [Bernadette Spillane](#)

March 7: Private Lessons in Boulder/Longmont

Contact: [Sarah Barnes](#)

March 8: Private Lessons at Starfire Farm, Berthoud

Contact: [Beth Beymer](#)

March 9: Private Lessons, Parker, CO

Contact: [Sarah Barnes](#)

March 10: Advanced Clinic at Windy Creek Ranch

Contact: [Sarah Barnes](#)

March 11-13: Rocky Mountain Horse Expo.

March 14-15: Private Lessons, Boulder/Longmont

Contact: [Sarah Barnes](#)

March 16: Private Lessons, Parker, CO

Contact: [Sarah Barnes](#)

March 17-18: 2-Day Introductory Clinic, Longmont

Contact: [Sarah Barnes](#)

March 19: 1-Day Unmounted Workshop, Blackforest

Contact: [Simone Windeler](#)

March 20: 1-Day Clinic, Colorado Springs

Contact: [Vicki Borelli](#)

"James is an amazing teacher. He has changed my riding experience by giving me the tools to feel exactly what my horse is doing beneath me and to follow and shape his movement without tension. Each time I work with him I come away with a new understanding. His patient, kind, and open manner makes learning such a positive experience."

Leslie, Longmont, CO

Who is James Shaw and what's unique about his approach?

By combining knowledge of horse and rider biomechanics, the laws of physics and insights gleaned from a lifetime of study in the internal martial arts, James Shaw has created his unique "Ride from Within" system. He begins by working with riders on the ground using the principles of T'ai Chi to discover and amend imbalances in their bodies. Then, through mounted work, riders transfer this new understanding into the saddle and see dramatic changes in their connection with their horses. James' techniques work for all types of riders and have been successfully applied by recreational, professional and Olympic-level equestrians. In demand throughout Great Britain and the U.S., James returns to us for a seventh year year. If you've missed out before, now is the time to join us - you'll be rewarded with insights that will transform the way you ride. If you've attend a clinic before, build on what you've learned as James adds new exercises, explanations and depth to your understanding. There is always something new.

Generally, each day of a clinic features an unmounted ground session (without horses), followed by one-hour private mounted lessons. If you cannot bring your own horse, we have a limited number of suitable horses available. In addition, the unmounted ground work is especially helpful for those who cannot ride at the moment but would like to develop better awareness, balance and movement patterns that will allow them to be more effective riders when they are able to get back in the saddle.

Participants unable to enroll in a full clinic may sign-up for any session on an a la carte basis (see registration form). Auditors are welcome. Private lessons are also available. James can

come to your barn. Please contact [Sarah Barnes](#) for more details.

For more information about James Shaw, please visit his website: <http://www.ridefromwithin.com>

Text | [Link](#)

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