

Yoga for Riders Camp

2011 Dates

April 22-23

Oct. 7-8

What we will do?

This camp is for those who want to develop their physical abilities as a rider. We will be doing yoga class every morning for our own bodies. Then we will be transferring these exercises to riding. We will also be doing stretching exercises for your horse to improve his suppleness, balance, and steadiness. We will focus on posture for both you and your horse. So your horse must be very rideable, and know how to move on a lounge line. Because many of the riding exercises will be done on a lounge line. If you don't have a horse who can do this we will either teach him, or you will ride one of Sherry's horses. Both you and your horse will go away more aware of your riding posture, better physically fit with a stronger focus, a little more flexible, with the ability to breath more efficiently, and a more balanced rider with a plan to continue it.

Schedule for Camp: Of course will remain flexible:

First Day:

8:00-9:00 Feed your Horse/Breakfast/Orientation

9:00-10:00 Yoga Class for Humans

10:00-11:00 Relax/Change Clothes/Catch Horses/ Warm up with your Horse

11:00-12:00 Horses: Helping the horses stretch and develop posture on a lounge line.

12:00-1:00 Lunch

1:00-2:00 Reflections from morning, Instructions for afternoon

2:00-5:00 Riding Horses: Helping students riding posture on lounge line

5:00-6:00 Free Time with your Horse and Feed

6:00-7:00 Supper Time

7:00-8:00 Another Yoga Class for Humans and Day End reflections

Second Day:

8:00-9:00 Feed your Horse/Breakfast/Orientation

9:00-10:00 Yoga Class for Humans

10:00-11:00 Relax/Change Clothes/Catch Horses/ Warm up with your Horse

11:00-12:00 Horses: Helping the horses stretch and develop posture on lounge line and while riding.

12:00-1:00 Lunch

1:00-2:00 Reflection from morning, Instructions for afternoon

2:00-5:00 Riding Horses: Helping students anchor the postures from the first day both on a lounge line and riding independently.

5:00-6:00 Free Time with your Horse and Feed

6:00-7:00 Supper Time

7:00-8:00 Another Yoga Class for Humans and Day End reflections

You can either leave or stay Sat. night and then leave early Sun. morning,
Before or after I get back from church I would take everyone for a trail ride if desired.
No charge.

COST:

The price of the scheduled camps will vary depending on how many people come, sharing rooms or not, and whether you provide your own food or not. After I have a number and we have decided on food, rooms etc. Then I will send out an invoice with your balance.

With lessons the estimated cost of a two day Yoga Camp is between \$450-\$600 depending on meals, how many nights you stay, and how many people stay in the bunkhouse.. The \$450 estimate is if you stay three nights and there are 4 people with no meals provided. The \$600 would be to stay 4 nights with 2 meals per day and only 2 people in the bunkhouse. Does not include the price of a yoga mat set. Send a \$150 non-refundable deposit to reserve your spot in a camp. The deposit may be transferrable one time to another camp within one year, in case of a real emergency, upon our approval only.

Break down of costs:**Instruction:**

2 days \$350-12 hrs/day (\$14.50/hour)

3 days \$430-12 hrs/day (\$12/hour)

4 days \$530 - 12 hrs/day (\$11/hour)

5 days \$600 - 12 hrs/day (\$10/hour)

If you do not bring your own Yoga Mat, we can sell you a beginner set for around \$40 which includes:

- 24" x 68" Non-Slip Mat
- 2- Yoga Blocks
- 1- 100% Cotton Yoga Strap
- Yoga Mat is 4MM Thick 1/6 inches thick

Sherry's Bunkhouse Prices:

1 Person \$35/night

2 People \$70/night

3 people \$90/night

4 people \$112/night

Divide the price among however many people stay.

Meals:

Bring all your own meals (all lodging has cooking facilities) or

Breakfast Buffet \$6.00

(fruit, bagels, cereal, hard boiled eggs, drinks)

Lunch: Sandwich Bar: \$8.00

(bread, meats, cheeses, fruit/ veg, chips, drinks)

Supper on your own:

(cook in bunkhouse or go to town 1 mile away)

Horse Stalls \$10/night/horse (does not include hay, bring your own water and feed buckets)

Lease Horses \$25/day (I must be present at all times when you ride my horse)

Tax not included in above prices: there is no tax on instruction

If you go to Calamus Outfitters for lodging because there are too many for my bunkhouse: They are about 15 miles from my place.

Calamus Outfitter Prices:

Lodging \$40/night/person

3 Hot Homemade Meals: \$25/day/person

Again you can do your own meals there as well, they have a kitchen.

Horse Pens \$10/night/horse (again no hay provided, bring own buckets)

Snyder Street Cottage:

Or there is a cottage to rent only 1 mile from my place which is real nice.

Only \$65/night for two people. \$10/ for each additional person.

What if the weather gets bad? If the weather turns bad we may have cowgirl up or we can go out to Calamus Outfitters to use the indoor arena if we are not already there, or go to Ord, to ride, and there is a charge for using the indoor arenas. However, since this is for trail riding, I guess we will bundle up and go anyway. So bring appropriate clothing. The good thing is our footing stay pretty good even in rain because of the sand.

About Heart in Your Hand Horsemanship LLC with Sherry Jarvis

82507 465th Ave. Burwell, NE

Sherry grew up near where she now lives. After being gone for nearly 25 years she moved back home in 2003. She has been giving lessons and clinics at her place, but the camps have all been held at Calamus Outfitters her cousin Sue's ranch. However, in 2010 Sherry added a bunkhouse to her property to accommodate the many people who bring horses to her place for her to train or who come for lessons. So the smaller camps will sometimes be held at the new bunkhouse facility. Someday we hope to add an indoor arena as well.

There is a school section to trail ride on, and if you ride down a dirt road for a couple of miles we have access to 1000's of acres of government wildlife management areas where we can ride to our hearts content. Plus we can ride the beaches of the beautiful Calamus Reservoir only 5 miles away.

- *Our Bunkhouse sleeps 4 people comfortably, and more if needed*
- *It is cute, roomy and yet cozy*
- *Kitchen included,*
- *A/C, wireless internet, no TV*
- *Two bedrooms and One bathroom*
- *One bedroom has a queen and single bed, the other has a double bed*

- *There is a futon in the great room for another camper.*
- *Large great room*
- *Nice outdoor Pens or indoor Stalls for your horse*
- *Parking for your horse trailer*
- *Beautiful view of Loup River and Valley*
- *Close to town, only a mile away for shopping & restaurants*
- *Sand hills hospitality with catered cold breakfast and lunches*
- *No pets please. Dogs are not allowed*
- *No Smoking in the Bunkhouse*

Directions: Go west on HWY 96 out of Burwell a little over a mile and there I am on the north side of the road. Sound easy. It is! Here are some land marks for you. There is a gas station called Dads on the very Northwest side of town on HWY 96, stay on the black top, go about a mile (HWY 96) you will come to the Loup River Bridge, the road will take a fairly sharp left, then straighten out. As it straightens out you will nearly be to 465th Ave. Take a right or north. My place is right on the corner. Only place there actually. Horse Corrals out front, white barn, white house with red trim, several other out buildings. Heart in Your Hand Horsemanship Sign on the fence.

ABOUT CALAMUS OUTFITTERS RANCH

near Burwell, NE

The Switzer Ranch, home of Calamus Outfitters, is a fourth generation cattle operation located in the north central Nebraska Sand hills. Blessed with abundant native grasses and ample underground and surface water, the Switzer Ranch is truly located in "God's Cow Country."

Adam & Teresa, Bruce & Sue, Sarah and Mark, will show you a real working ranch, combined with Sand hills hospitality, a comfortable lodge and hearty, home cooked meals.

HC 79 Box 40

Burwell, NE 68823

www.calamusoutfitters.com

Phone: (308) 346-4697

e-mail at hbswitzer@nctc.net

- *Each lodge sleeps up to 20 people comfortably, kitchen included, A/C, Cable TV*
- *5 private bedrooms each with individual full baths*
- *Large great room, suitable for meetings, receptions, reunions*
- *Covered Deck*
- *Evening bon fires and Star gazing*
- *Pens or Stalls for your horse*
- *Parking for your horse trailer*
- *Beautiful view of Calamus Lake and Valley*
- *Whole lodge is handicapped accessible*

- *Small store is also available for snacks etc.*
- *Sand hills hospitality with hot meals each day*
- *No pets please. Dogs are not allowed*
- *No Smoking in the Lodge, Smoking is permitted on the deck.*

Direction to Calamus Outfitters Ranch

16 miles Northwest of Burwell, NE, on Highway 96

-or-

12 miles North of Taylor on Highway 183 then 4 miles East on Highway

Our Friendly Warning:

There is always some risk involved in horse training for both you and the horse. Horses can cause serious injury. Be sensible and don't attempt anything that is outside your comfort level.

Any information on this website or that we present through any of our programs are intended to illustrate how we apply our training techniques with success. However you are responsible for using this information wisely. If you don't feel comfortable with your abilities or an exercise, don't do it!

Seek advice or assistance from a professional before attempting things beyond your skill or confidence level. Stay on the "high side of trouble". Keep it natural and above all

KEEP IT SAFE! *Warmly, Sherry*

Under Nebraska Law, an equine professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risks of equine activities, pursuant to this act.

WHAT YOU WILL NEED TO KNOW AND BRING!

Yoga Mat and exercise clothes:

1. An open mind & learning attitude.
2. Listening ears, observing eyes, open heart.
3. Plenty of energy.
4. Plastic Water bottle.
5. Your horse, (**This must NOT be a colt or very green horse, unless you are enrolled in the young horse class.** Camps are *not a colt starting class we have separate classes for this.* A person must be able to at least walk and trot on this horse even if you are afraid to do so, someone must be able to do this.

Absolutely No stallions please) *You can lease a horse for \$25/day including tack..*

6. * Rope tied halters with 12-foot lead, preferable a 22 foot also, if you have one.
7. Natural Hackamore, if you have one.
8. Bareback pad, if you have one.
9. *One or two Horseman Sticks with strings (4 feet long, no whips please)
10. *Saddle & Pad of your choice that fits you and your horse.

11. *Feed for you horse (grain in airtight containers, no paper bags, please)
 12. *Hay should of course be a small bale for ease of feeding.
 13. *A water bucket for your horse & bungees to tie it with.
 14. Any supplements you currently feed your horse.
 15. *Your own grooming equipment and supplies.
 16. The stalls and pens are sandy no bedding is required.
 17. Journal or Diary pens or pencils.
 18. Hat, sunglasses, sunscreen, and chap stick for your protection.
 19. Insect Repellant just in case.
 20. Rain gear, just in case.
 21. Both warm and cool clothing, you never know about weather in NE.
 22. You favorite snacks, meals are provided and there is a small store on the ranch.
 23. Personal toiletries, towels and bedding are provided.
 24. *Comfortable boots for riding and maybe shoes also.
 25. *Horses must be current on all vaccinations and healthy.
 26. Have you horses feet trimmed in advance. (Shoes are not necessary)
 27. *Registration must include insurance policy #'s and emergency contact info.
 28. Must notify us of any medical conditions in writing. (Form will be provided)
 29. *Liability waivers must be signed.
 30. Cameras, favorite music CD, or musical instrument if you play (optional)
 31. *Flashlight.
 32. No dogs allowed.
 33. Please notify us if you have any special food needs or allergies.
 34. Laptops and cell phones are allowed in lodge. Please leave cell phones in lodge, truck or trailer. **Absolutely no riding your horse with your cell phone turned on, ever!**
 35. No smoking in lodge, cabins, or bunkhouse must go outdoors.
 36. There are vets nearby we can call in case of an emergency.
 37. Arrive between 8:00-9:00 on the first day.
 38. If you need to arrive the night before let us know so we can reserve rooms.
 39. If you want to stay an extra day that may be arranged also. Just let us know.
- * ***Required items***

Yoga for Riders Registration Form:

The information requested below is solely for the use of Heart in Your Hand Horsemanship and will not be shared. The information helps the instructor get to know you and what you want from your practice, so please try to fill out the form as thoroughly as possible.

Please bring completed form with you to first class or e-mail it back to us. Thank you!

Please note any current medical or physical conditions or limitations which may affect your yoga practice, including injuries, surgeries, current pregnancies, etc.

What do you hope to get out of Yoga for Riders Camp? _____

Have you taken a yoga class or done yoga DVDs/etc. before? _____ If yes, explain:

First name: _____ Last name: _____

Mailing address _____

E-mail address: _____ Phone _____

Emergency Phone contact # _____

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____ hereby agree to the following:

1. That I am participating in the Yoga for Riders Camp, offered by Heart in Your Hand Horsemanship LLC during which I will receive information and instruction about yoga exercises. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in a Yoga Class or any other kind of exercise program including Horseback riding. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in Yoga exercises or Horseback riding.
3. In consideration of being permitted to participate in Yoga for Riders Camp, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in Yoga for Riders Camp, I knowingly, voluntarily and expressly waive any claim I may have against Heart in Your Hand Horsemanship LLC, Sherry Jarvis, or any instructors of Heart in Your Hand Horsemanship LLC, injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Heart in Your Hand Horsemanship LLC, Sherry Jarvis, or any instructors of Heart in Your Hand Horsemanship LLC for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

_____ **Date**_____

SIGNATURE OF PARTICIPANT

If participant is under 18 years of age:

As Legal Guardian of , I Consent to the Above Terms and Conditions.

_____ **Date**_____

SIGNATURE OF PARENT/GUARDIAN OF PARTICIPANT

Witnessed By: _____ **Date**_____
