## TAI CHI AND BIOMECHANICS CLINIC

Adam Sewell, of Bay Area Horse Archers, will teach specific Tai Chi exercises to develop balance, alignment, and sensitivity. Agi Yother will instruct how to use these skills to improve your riding.

## **EVENT HIGHLIGHTS**

Where:

Webb Ranch 2720 Alpine Road Portola Valley, CA 94028

When:

Sunday, April 27, 2025

Register and cost:

\$150

E-mail or text Agi Yother at agi@yother.com or 415-269-9184

Tai Chi and Biomechanics for better riding



WEBB RANCH 2720 ALPINE ROAD PORTOLA VALLEY, CA









Contact us: 415-269-9184

