

# Alborak Summer Camp

## "Bootcamp"

Alborak Stable will be partnering up with Equus Physio for a fun and educational camp. This camp will include 2 unmounted sessions presented by Equus Physio.



We will be riding on different terrains (weather permitting) and emphasising the importance of both human and equine athletic development.

To finish a hard week of training, equestrians will be joining our very own Crystal with a calming yoga session.

**Date: July 15-19, 2019**

**Time: 9:00am to 4:00pm**

*(drop off time between 8:30 and 9:00am;  
pickup time between 3:30 and 4:00pm)*

*July 15th rider fitness and exercises with Equus Physio*

*July 17th equine stretches, movement, and conditioning with Equus Physio*

*July 19 Unwinding 60 mins yoga session with Crystal Tobber, RYT200 certified yoga instructor*

**What to bring; all campers will have a spot in the lounge to store their gear for the week.**

***Space in the fridge will be limited.***

- Proper Footwear for riding (boots with a heel, smooth sole) AND for exercising
- Safety approved horseback riding helmet (SEI certified) ; you may borrow one of ours if you do not have one
- Riding Clothes AND change of clothing suitable for exercising
- Yoga mat
- Sunscreen/bug spray
- Water bottle, Lunch and snacks **\*PLEASE DO NOT BRING ANY NUT PRODUCTS TO CAMP\***
- Completed paperwork: 2019 release form; Rider Profile

**The Fine Print** (Withdrawals and Cancellations):

No refunds. Our expenses are fixed in advance based on a definite number of clients for a specified time, therefore there will be no rebates or deductions taken from any fees for entering late or leaving early or cancelling.

No refunds will be given due to weather unless cancelled by Alborak Stable Inc.

Other: Alborak Stable Inc. is not responsible for lost or damaged clothing or other articles. When clothing is left behind, if it is not called for within 30 days, any unclaimed items will be donated to charity.