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ANATOMY IN MOTION - PEGGY BROWN

Peggy Brown is an Advanced Level IV Centered Riding and Centered Driving Clinician from Toledo. Mrs. Brown is a versatile clinician in Centered Riding, Centered Driving, Anatomy In Motion, safety, instructor training, and horsemanship throughout North America, Australia, Europe, Iceland, and the UK. She is certified with the American Riding Instructor Association as an Instructor Educator and Expert Instructor in multiple disciplines and serves on the ARIA's Testing Staff. Mrs. Brown and her current horse, Ulie, compete in western, hunt seat, jumping, and dressage competitions as well as driving competitions, and were long-listed with USET for three years in Advanced Combined Driving. Peggy Brown has published articles in several equine magazines including "The Whip" and "The Chronicle of the Horse". In her spare time she serves on the board of directors of The Toledo Area Humane Society and assists with the local saddle horse 4H program. In 2005, Peggy Brown was honored as Riding Instructor of the Year by the American Riding Instructor Association.

As a clinician and teacher, Peggy Brown helps riders learn more about their own bodies, how the rider's body affects the horse's body and how to learn to use their bodies in a way that allows clear and balanced communication with their horse. She has developed groundwork and dismounted exercises for riders to improve their performance in the saddle and in driving. As an accomplished whip, pleasure driving competitor, advanced combined driving competitor and driving instructor, Peggy has pioneered the application of Centered Riding principles and methods to Centered Driving, resulting in greater safety, communication and harmony with the horse, enhanced performance and enjoyment. She has also been instrumental in developing an improved harness saddle which enables horses to use themselves with more freedom and better movement. Peggy's goals are to help horses improve their performance and comfort level by helping their riders, no matter what their age or body type, began to see themselves as athletes in a sense of using their bodies wisely to improve their riding skills, prevent injury, and to be able to continue a lifelong pursuit of the sport of riding and driving.

www.anatomyinmotion.com

CAN-AM EQUINE MARKETING INC.

www.canamequine.ca
347345 15th Sideroad,
Orangeville, Ontario L9W 2Y8

ROSS MILLAR GROUP

Phone: 416.587.0003
Fax: 519.941.3994
Email: rmillar@bell.net