

# 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:

Saturday, July 26th

Register and cost:

**\$150**

E-mail or text Agi Yother at  
[agi@yother.com](mailto:agi@yother.com) or  
415-269-9184

Tai Chi and Biomechanics for  
better riding



Contact us:  
415-269-9184



10 AM - 1 PM

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JULY

**WEBB  
RANCH**

2720 ALPINE ROAD  
PORTOLA VALLEY, CA