

For Immediate Release –

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Perfect Balance-

Dressage Coach, Allyn Schiavone Speaks At Sho Clothes Shop Talk

Wellington, FL- The Sho Clothes Sho Room hosted their October Shop Talk last week with renowned dressage coach, Allyn Schiavone as the featured speaker. Schiavone lectured and demonstrated the concept of a balanced seat and the effects of balancing the horse. Demo “riders” Janne Rumbough and Carmen Franco showed the positioning that helps lead to a balanced seat. Schiavone also provided a recommended reading list and stressed the value of lunge lessons.

The highly successful “Shop Talk” sessions have been well attended and have been supported by the dressage community. Hosted by Sho Clothes and the Gold Coast Dressage Association (GCDA), the monthly Shop Talk sessions offer local equestrians an opportunity to learn from top professionals in the industry and network with fellow dressage enthusiasts.

Specializing in dressage apparel, the Sho Clothes Sho Room is on Fairlane Farms Road in Wellington. Along with the store location, Sho Clothes mobile boutique is a fixture on the Florida dressage circuit. Betsy Rebar Sell and Michele Hundt, co-owners of the Sho Room are proud of the community response Shop Talk has created. The pair developed the Shop Talk concept to unite the Florida dressage riders over the summer months, but with GCDA’s support the Shop Talk educational series have become increasingly popular and are now scheduled year round.

“We have had such great response to the “Shop Talk, sessions.” said Hundt. “Our clients, friends and riders in Florida are taking advantage of what is really turning into little mini-clinics each month at the store.” Noreen O’Sullivan, GCDA President agreed adding that the Shop Talk sessions are a hit with GCDA members, “We are pleased to help Sho Clothes offer an added benefit for our members and the Florida dressage community,” said O’Sullivan.

Schiavone also stressed the importance of fitness, which she broke down into endurance, flexibility and strength. She recommended Pilates for riders and introduced Jennifer Uhlinger a Pilate’s instructor who will be offering Pilates classes at Sho Clothes starting next month.

The November Shop Talk is scheduled for November 11th and attendees will be treated to evening with Olympic Medalist, Michelle Gibson. This is a rare and exciting opportunity to get insight from one of the country’s top professionals in an intimate dressage-friendly environment. Admission is free so mark your calendar for November 11th at 6:30 PM to be at the Sho Clothes Sho Room. For

complete and directions visit: www.shoclothes.com or call 561-319-2121.



Photo: Balance Seat Crew at Sho Clothes Shop Talk (l to r) Carmen Franco, Allyn Schiavone, Michele Hundt, and Janne Rumbough