

PILATES FOR RIDERS WORKSHOP

IMPROVE THE HARMONY BETWEEN YOU AND YOUR HORSE!

Friday 12th April 18.00 – 19.30

at New Body Barn, Old Potato Yard, Lydeaway, SN10 3PU

In this workshop we shall explore how various imbalances in the body are directly translated through to the horse giving it mixed instructions. The placement of your head over your shoulders over your pelvis are key while riding and training your horse and misalignment of these can have a huge impact in your and your horse's balance.

We shall also look at the stability in the shoulder girdle and how such small movements in the upper body are translated down the reins through to the horses' mouth.

Cost £17 per person (payment in advance is required as places are limited).

Swiss balls used will be available to purchase after the workshop.

Please contact:

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