



EASTERN REGION TRAINING



FREESTYLE WORKSHOP

11 February 2012

**The Centaur Trust, Earlsway Farm, Bramfield, Halesworth, Suffolk,
IP19 9AD**

This event will incorporate a flatwork session, working on your floorplan, or tweaking it if you already have one in mind and discussing movements that work best for your horse/level etc with a Trainer. It will also involve Claire Ackerman of Beat this! Dressage to Music discussing the tempos of your horse's paces and talking about the styles of music that suit your horse and also your personal preferences. Claire will bring a selection of music for you to ride to, to give you an idea about what works and what doesn't and also how to ride/hear the beat of each pace.

Please fill in the application form below and return it with your cheque for £45 (payable to British Dressage) to: *Katharine Perry, Herons Farm, Herons Lane, Fyfield, Essex, CM5 0RQ.*

I will e-mail times out a few days before.



FREESTYLE TRAINING DAY 11 FEBRUARY 2012

Name:

Tel No:

E-mail:

Level: