



Pilates for Dressage Riders

With **Anna Nelson and Louise Grant** – Chartered Physiotherapists & Modern Pilates trained

A six week introductory course - £55.00
(£60 to non BD members - class sizes are limited)

Esporta, Cookridge Hall, Leeds LN167NL

Commencing Tuesday 5th October 2010

7.30pm to 8.30pm

This is a mat based class using controlled movements to strengthen the deep core abdominal muscles, improving body shape, correcting spinal alignment and posture

Pilates will help you to:

- Create a Deeper Seat
- Develop balance and symmetry
- Improve Flexibility
- Enhance low back suppleness
- Understand your own posture and how to improve it

For further information please contact Chrissie Havis, Northern RDO on 07783791191 or chrissiehavis@britishdressage.co.uk. Please send a cheque and SAE to Chrissie Havis, 45 Butterwell Drive, Pegswood, Morpeth, Northumberland NE616YE to reserve your place. Cheques payable to British Dressage. Bookings are non-refundable unless a replacement is found. We will hold a waiting list.

Applications close on 28/09/10.