



equipilates

for Dressage Riders

With Lindsay Wilcox-Reid – Pilates Instructor & BD Trainer

A six week introductory course - £56.00
(non BD members £60 - class size limited to 10)

Revive Healthy Living Centre, Derbys DE216ET
www.revivehealthylivingcentre.co.uk

Commencing Thursday 7th October 2010
7.30pm to 8.30pm

LEARN HOW TO ACHIEVE ENGAGEMENT & SELF CARRIAGE IN YOUR BODY!

Learn

- how, when and why to use the core stability muscles to increase elegance AND effectiveness in the saddle
- how to use your body correctly and communicate more efficiently with your horse to ride better transitions, circles, lateral work
- breathing techniques to improve sitting trot, release tension and influence your horse

Course will include postural analysis & spinal alignment **ON THE SADDLE HORSE**

You will receive a booklet containing worksheets on the techniques and exercises covered to help you practise at home

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 30.9.10

All equipment provided- just wear breeches/johds and a close fitting top