



● Pilates for dressage riders

With Louise Broom Physiotherapist, Pilates instructor and BD trainer

Raskelf Village Hall, near Easingwold YO61 3UY

Commencing Thursday 16th September 2010

6.30pm to 7.30pm or 7.30 pm to 8.30pm

A six week introductory course suitable for beginners and intermediates- £42 or
£45 to BD non members

Pilates exercises using matwork, ball and physiohorse. Exercises tailored to dressage riders' needs such as balance, strength, mobilisation and stability.

Pilates will help you to:

- * Strengthen core stability
- * Improve flexibility
- * Enhance body awareness & posture
- * Develop low back suppleness
- * Improve independent movement of limbs

To reserve your place please send a cheque made payable to BD, your contact details and SAE by 9th September to Chrissie Havis, 45 Butterwell Drive, Pegswood, Morpeth NE616YE. Please specify the time you would prefer.

Bookings are non-refundable after 9th September unless a replacement is found. We will hold a waiting list to assist with this.

**Bring your own mat and towel. Wear clothing you can move freely in.
Places limited.**