

British Dressage NW Active Camp £225 for BD members, £245 for non BD members Myerscough College, Lancashire

**Coaches: Helen Bradley/Sarah Probin, Kate Attlee/Dianne Breeze, Russell Guire
– Centaur Biomechanics – Postural Analysis sessions**

Thursday 5th Aug 2010

Arrive early pm

Outside ménages available for exercising - Optional lessons with Helen Bradley at £30 per 40 mins (private – please book with Elaine Gray)

HOG ROAST (£ included) Welcome talk and teambuilding

Friday 6th Aug 2010

1 x 3/4 hour pairs lesson & 1 x private test riding session* or private postural analysis with Centaur Biomechanics 30 min slots (rotated over the two days – no BD coach present – this is a private postural analysis session)

Workshop No 1: Rider Fitness Workshop – Alison Leach (repeated – 45 min's duration)

An educational fitness session in which you will learn by 'doing' which parts of your body do what when you ride.

- Improve the strength of your core stability muscles that are crucial to balance and an independent seat
- Improve stretch & relax the muscles you use heavily
- All in a simple and not too energetic format from which you can select the bits useful to you to take home and continue to improve your performance

Private 30min sports massage available from Alison (nominal extra cost of £x)

Private 30 min Sports massage or hot stones massage from Darren at www.holisticworks.co.uk (nominal extra cost of £x)

Workshop No 2: Equine Shiatsu Workshop – Mandy Hall (repeated – 45 min's duration)

Aim of workshop is to give attendees the ability to actively participate in the overall well being of your horse by teaching you a basic Shiatsu treatment. This in turn will enable you to become aware of possible health issues that may be arising, to help with existing complaints or for just being able to give their horse a relaxing treatment and help maintain health and vitality.

- What is Shiatsu?
- How does it work?
- What it can help with?
- Riders to try some Shiatsu techniques on each other so they can feel what the horse feels (helps in the understanding in why we use these techniques)
- While watching me giving a demo on a horse riders will copy and give their own horse a basic Shiatsu treatment
- Feed back from riders on what they are feeling and how their horse is reacting to the treatment they are giving
- Q&A

Half hour Shiatsu taster sessions available pm for £15, OR horse & rider combination £65 for half hour

Food is available in the Myerscough Canteen (at your cost)

Workshop No 3: An Evening of Dressage to Music with Helen Bradley and Jenny Johnson

(tickets are available for £10 for members, £13 for non members and £15 on the door, this demo is for camp attendees) – book with Ellen Eccles, 07889 273367 or ej.eccles12@btinternet.com

Saturday 7th Aug

Self serve Breakfast (£ excl)

1 x 3/4 hour pairs lesson

1 x private test riding session* or private postural analysis with Centaur Biomechanics 30 min slots (rotated over the two days – no BD coach present – this is a private postural analysis session)

Lunch (£ excl)

Private sports massage with Alison Leach available (nominal extra cost)

Private 30 min Sports massage or hot stones massage from Darren from www.holisticworks.co.uk (nominal extra cost of £x)

Workshop No 4: Leather Care Workshop – Carr & Day & Martin, (repeated – 45 min's duration)

- Bring any tack with you (leather or synthetic),
- Theory on leather,
- Care of different types of leathers,
- Old wife's tales of care,
- Step by step approach
- Free taster products and hoof care/leather care manual for attending

Carr & Day & Martin - 1-1's personal Hoof Care assessments – Assessing hoof generic problems, environmental issues, previous issues, soundness test, personalised long term care of you hoof's – appointment system in place (FOC)

Camp critiques issued

Vacate venue by 6pm

* 1 x Private session for each attendee with Russell Guire from Centaur Biomechanics – no other coach present in this lesson. Session Objective is to evaluate a riders' position & is aimed at riders who wish to improve their ability by improved posture. This is not a training lesson; this is purely a session to evaluate your riding position and posture. 2 x rider position comparison pictures will be issued by email following the camp. Any video footage taken you are able to keep – please bring with you a memory stick – we will not be issuing DVD's.

To book go to www.activerider.co.uk or call 07736 872307