

The Bio Mechanical Rider

Bio Mechanical re-structuring through exercise sessions specifically for rider stability and horse's symmetry are essential classes for riders who want to improve in their current discipline. Each level of training requires more and more balance and symmetry to achieve harmony with your horse. Your horse often displays glimmers of what it could be like at the next level during training sessions to concrete those feeling good basic balance and symmetry are essential so the signals (aids) you give are the same each time.

I am offering 3 hr sessions over several weeks which will assist you to know which parts of your muscular skeletal system is working in symmetry and be able to exercise to improve that imbalance.

The sessions are over six segments covering different parts of the body and the muscles within that section of the body. The exercises are designed for the participant to be able (through guidance from the instructors who are both double diploma qualified in their respective fields) to ascertain if each side of the body is working with the same range of motion; IE working in symmetry. Work is on centered riding. The sessions are without a horse, but ridden classes will be held at a venue to be advised once all the exercises and sessions are completed. Classes are for both beginners to the more experienced rider. If you have any more question please call Kaye on 0419 268 725. Yoga mat or beach towel recommended for sessions as are stretchy clothes.

I look forward to assisting in the very near future

Full days will be set aside for the rider on their horse classes later.

Held by fully qualified double diploma Massage Therapist (Lesley Schumacher with Kaye Hannan 0419 268 725 Mst.App.Sc – EFA/NCAS rider input assistance)

Topics covered:

- Best footing: The influence of stance upon balance & stability, (foot upwards) session one
- Pelvic influence: The hip bone's connected to the leg bones session two
- Core Stability: abdominal & lower back muscle harmony session three
- Shoulder: symmetry of arm and rein length session four
- Top it off : head and neck balance and Review session five
- Experience the difference: Riding the horse - post assessment and exercise - venue and dates TBA

Wear or bring comfortable close fitting stretchy clothes (bike tights/shorts singlet/T shirt for assessment please)

Class size minimum 6.

Cost \$40.00 per person. Per session. (on the above format) registration required to secure attendance

Includes workbook

Tea coffee light refreshments supplied

Abridged versions are also available over a full weekend. Costs and venues available all over NSW, ACT.