

REDUCE YOUR ACHES & PAINS & IMPROVE YOUR RIDING POSTURE

Rider Biomechanics Analysis Clinic

for the Showing rider, Dressage rider, Show Jumper, Eventer & Leisure rider.

Sunday 9 May 2021 from 11 am until 1 pm at Higher Grange Farm Arena, Broad Lane, Heights, Delph, OL3 5TX

What would it mean to your riding if you could:

- ◆ Reduce back, neck & shoulder pain?
- ◆ Improve your position in the saddle?
- ◆ Optimise your posture & alignment?
- ◆ Relieve stiffness from driving & sitting?

This 2 Hour Clinic will cover:

- ◆ Self care biomechanics assessments
- ◆ Personal exercises to create symmetry & reduce pain
- ◆ How to engage your core musculature
- ◆ Techniques for improving your daily posture

To book your place:

PayPal: hayleymith82@hotmail.com

£20 per person.

Please bring a mask and be prepared to follow the rules on social distancing during the course. The course will be indoors and seating will be provided but bring warm and comfortable clothing and your own refreshments. Parking will be available on site for course participants.

If you have any queries contact Hayley on 07564 207205 or email her at hayleymith82@hotmail.com.

If, after attending this course, you would be interested in learning more, Hayley will be running a 6 week course via Zoom starting on Thursday 20th of May. Speak to Hayley on the day for further details.