

# KELLY SIGLER

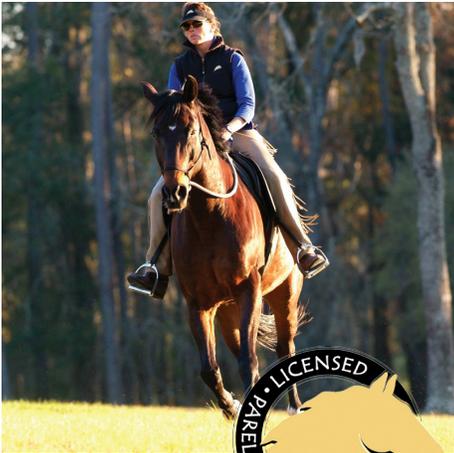
Horsemanship For Your Journey



## Rider Biomechanics

January 10 - 11, 2015

Leaning Pine Stables, Palm City, Florida



**Location:**

Leaning Pine Stables  
5575 SW Moore St.  
Palm City, FL 34990

Sign up for  
AM or PM Workshop  
Cost: \$250  
Audit: \$35

Lunch: \$5 per person

Horses:  
\$15 stall with bedding

Contact:  
Sue Duran  
772-349-2998  
Leaningpine56@gmail.com

Registration:  
Kelly Sigler  
kelly1@kellysigler.com  
KellySigler.com

### Saturday 9 – 12 Advanced Rider Biomechanics

The course builds on your understanding of Rider Biomechanics. You will learn how to align your seat and posture with your horse, despite any physical issues that you might have as well as how to make sure you maintain the correct position. In this course you will learn how to do lateral movements with ease, and learn the sequencing of the maneuvers to develop your horse correctly through the scale of training. The result will be a horse that is straight and balanced.

Biomechanics can help improve performance and achieve the competitive edge for the more advanced rider. Through simulations, practice and theory.

### Saturday 1 – 4 Intro to Rider Biomechanics

The focus is on you. Through Rider Biomechanics you will learn how to achieve a safe and secure riding position. And gain a better understanding of what you are doing in your body, so that you can be a more effective rider. Learn what you need to change in your position to help your horse be better balanced and move with a straight frame.

You will also learn exercises to help you break old negative patterns. Rider Biomechanics is not just about movement, but also about why things happen. It is not just “look up and get your heels down”, but why did your heels come up in the first place? It looks at your spine and anatomy to make sure you are sitting in a strong, safe position.

### Sunday 9 – 4 Private and Semi-Private Lessons

Take advantage of the opportunity to work one-on-one with Kelly.

\$100 for a private and \$75 for a semi private.  
Call Sue Duran to schedule 772-349-2998



Kelly Sigler Patterson is Colleen Kelly's Protege  
and a 1\* ISRB Instructor,  
as well as a 3 Star Licensed Parelli Professional.  
She is the only U.S. instructor certified to teach  
Colleen's program in a clinic format.