KELLY SIGLER
Horsemanship For Your Journey

Introduction to Rider Biomechanics

January 17 - 18, 2015   Avalon Equestrian Stables, Winter Garden FL

A semi private learning experience.
Groups of 3 riders: 2 hour session with Kelly.

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. 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.

Biomechanics can help improve performance and achieve the competitive edge for the more advanced rider. The beginner will learn to sit in a stronger, safer position and find increased con-fidence from better balance. Through simulations, practice and theory.

50% Deposit (non-refundable) required to secure date with Kelly!
If you have to cancel, refund if we can fill your spot.
Balance due December 19th, 2014

Registration & Liability Forms can be found at:
kellysigler.com/clinicschedule.html
(toward bottom of page.)

Please fill out and email to Robin Brosmer at:
Robin@avalonequestrianstables.com

Location:
Avalon Equestrian Stables
9815 Black Bear Lane
Winter Garden, FL

Format:
Lecture and Simulations
2 Hour Group Lessons of 3 Riders
Questions with Kelly

Cost:
$160 per day or $300 both days
Auditors:
$35

Boarding Options:
12x12 Stall in Barn: $25/day
12x16 Open Paddocks: $20/day
Grass Paddock for 2 horses:
$20/day/horse
Bring Hay, Shavings,
Feed & Bucket

Contact:
Robin Brosmer
cell: 407.579.3615
robin@avaloequestrianstables.com

Kelly Sigler Patterson is Colleen Kelly's Protege and ISRB Instructor.
3 Star Licensed Parelli Professional

She is the only U.S. instructor certified to teach Colleen's program in a clinic format.