



Intro to Rider Biomechanics & Trail Safety

February 27 - 28, 2016 St. Augustine, Florida



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 confidence from better balance. Through simulations, practice and theory.

This Clinic is open to anyone who wants to have better balance, a deeper seat and a more effective riding position. And gain confidence to ride out on trails.

Mornings in the arena will focus on Rider Biomechanics. **Afternoons** we will put your new skills to the test and ride out on the trails on over 1,000 acres.



Location:
Star 4 Ranch
St. Augustine, Florida

Open to only 4 students:
You get the max amount of individual attention and accelerate learning

Cost: \$500
includes lunch, drinks,
facility fee and stall

Audit: \$25/day

Hours:
9:00AM to 4:00PM

Contact:
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Kelly Sigler Horsemanship for Your Journey
International Society of Rider Biomechanics
Instructor