

# KELLY SIGLER

Horsemanship For Your Journey



## Introduction to Biomechanics

Saturday June 6th, 2015 Stonington, CT



**Location:**  
Horses Healing Humans  
340 New London Turnpike  
Stonington, CT 06378

**Cost:** \$300  
**Includes**  
continental breakfast & lunch

**Audit:** \$50/day

**Hours:**  
9:00AM to 4:00PM

**Overnight horse accommodations:**  
\$25/day

**Overnight people accommodations**  
Available ask for details

**Contact:**  
Kelly Sisk  
(860) 460-8732  
k.sisk13@outlook.com

***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. You do not need to be studying Natural Horsemanship to benefit from this workshop, but would be helpful if you have an understanding of the principles.



***Kelly Sigler 3\* Licensed Parelli Professional  
Protégé of Colleen Kelly and International Society of  
Rider Biomechanics Instructor.***

***Kelly is the only U.S. Instructor certified to  
teach Colleen's program in a clinic format.***