

KELLY SIGLER

Horsemanship For Your Journey



Introduction to Biomechanics

Sunday September 27th, 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:
Pennie Green
hhhpennieg@gmail.com
860.572.2942

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*
&
International Society of Rider Biomechanics Instructor