

# KELLY SIGLER

Horsemanship For Your Journey



## ***Intro to Natural Horsemanship & Rider Safety***

***August 8, 2015     Boone, North Carolina***



*Location:*  
602 Church Hollow Rd  
Boone, NC 28607

*Cost:* \$185  
*Audit:* \$25

*Lunch:* \$10

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

*Overnight Accommodations*  
*Horses:* \$20

*Contact:*  
Lesley Wooten  
lesleywooten@gmail.com

**I**n this Introduction to Natural Horsemanship Workshop you will learn the Parelli Natural Horsemanship Seven Games starting online from the ground, and then in the saddle.

The Seven Games enable you and your horse to develop language together that will earn you your horse's respect as a leader. The Games are based on the ways horses interact with each other in a natural herd dynamic to establish communication and dominance. And they are the basis of every maneuver you will want to teach your horse within the Parelli Program, no matter how basic or advanced.

Not only does the horse become calmer and more responsive, he becomes more mentally and emotionally connected to you - developing a partnership, strength of bond and loyalty, to the point that your horse will prefer to be with you more than with another horse.

When you get into the saddle you will learn through Rider Biomechanics 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.

Biomechanics will help you to sit in a stronger, safer position and find increased confidence from better balance.

This Clinic is open to anyone who wants to have better balance, a deeper seat and a more effective riding position for rider safety.



*Kelly Sigler 3\* Licensed Parelli Professional*  
*&*  
*International Society of Rider Biomechanics Instructor*