

KELLY SIGLER

Horsemanship For Your Journey



Lightness Clinic & Cooking

July 30 - 31 Ladd Farm, Bridgewater NH



Looking for a lighter, more responsive relationship with your horse? Want your horse to handle obstacles with confidence and be great out on the trails? In group sessions, as well as one-on-one, Kelly will help you achieve these goals, and show you how develop lighter cues with your horse.



You will learn how to achieve a safe and secure riding position through Rider Biomechanics. And gain a better understanding of what you are doing in your body, so that you can be a more effective rider. Rider Biomechanics looks at your spine and anatomy to make sure you are sitting in a strong, safe position.

Then we will take what we learn in the ring out onto the beautiful trails that surround Ladd Farm.

Friday and Saturday evenings will further focus on the theme of lightness with Kelly—who is also the owner of a catering service called The Hungry Horseman—sharing recipes on how to “Cook with Lightness”. You will be preparing evening meals on Friday and Saturday with cooking lessons learning to prepare meals that are nutritious, light in saturated fats and delicious!



Location:
Ladd Farm
1201 John Smith Hill Rd.
Bridgewater, NH, 03222

Cost: \$405 including
Friday & Saturday Dinners
Breakfast and Lunch DIY
Audit: \$25

Overnight Accommodations:
Horses: \$20/day
People: \$30/day

Hours:
9:00AM to 4:00PM

Contact:
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International Society of
Rider Biomechanics*