



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.



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
Audit: \$25

Overnight Accommodations:
Horses: \$20/day
People: \$30/day
Breakfast & Lunch: diy

Hours:
9:00AM to 4:00PM

Contact:
Kelly Sigler
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(803) 522-4395

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