

KELLY SIGLER

Horsemanship For Your Journey



Introduction to Biomechanics

June 20 - 21, 2015 Canada



Location:

3158 Eramosa-Milton Townline Road
Rockwood, Ontario

Cost: \$300 US

All other funds are Canadian dollars

Audit: \$40 per day
\$60 both days

Hours:
9:00AM to 4:00PM

Lunch: \$10 pre-ordered

Horse Accommodations:

\$15/day pasture

\$20/day inside board

(Provide own feed and do own chores)

Overnight horse accommodations:

Stalls \$30/day

Overnight people accommodations:

\$30/day

Contact:

Heather McNeil

mneil.heather@gmail.com

519-993-4245

The focus is on you

Through Rider Biomechanics you will learn how to achieve a safe, secure and effective riding position. By improving your body awareness and understanding what your body is doing you will increase fluidity and harmony with your horse. 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 more than “look up and get your heels down”. It addresses why did your heels come up in the first place, taking into consideration your spine and anatomy to make sure you are sitting in a strong, safe position.

This clinic

offers a personalized opportunity to target and strengthen your horsemanship, as well as build a network of support with other riders. While partnering with another rider of similar abilities, each person will receive two semi-private lessons during the weekend.

Format includes

demos, rider simulations, lecture, ground and under saddle instruction and observation/evaluation of horse/rider teams. Don't miss this unique opportunity to take your horsemanship to the next level!

Saturday June 20

Semi-private
lessons/observation
(2 hours each)

Sunday June 21

Semi-private
lessons/observation
(2 hours each)



***Kelly Sigler 3* Licensed Parelli Professional
Protégé of Colleen Kelly and 1* ISRB Instructor
Kelly is the only U.S. Instructor certified to
teach Colleen's program in a clinic format.***