

KELLY SIGLER

Horsemanship For Your Journey



Spook and Survive & Rider Biomechanics

April 17, 2016 (Two Half-Day Workshops)

Earlsville, VA



9:30AM – 12:30PM Spook & Survive Workshop

Morning workshop will prepare you for what to do, and how to do—to stay safe and survive if your horse spooks. Putting principles to purpose in preparing your horse for trail riding and encountering obstacles.



Beginning with the basic natural horsemanship skills needed if your horse spooks on the ground, we will then explore what to do when you are in the saddle. Lots of scary obstacles and scenarios such as bikes, loud noises, tarps, pools of water, and other frightening things. Learn how to ride and spook safely. We will start on the ground and then take it to the saddle.

1:30PM – 4:30PM Rider Biomechanics

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, to become a more effective rider. You will learn exercises to help you break old negative patterns.

Rider Biomechanics is not just about movement, but also about why things happen. It makes 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.



Location:
5587 Mariwood Rd
Earlsville, VA 22936

Cost:
\$125 for one
\$200 for both

Auditors: \$25

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Kelly Sigler Horsemanship for Your Journey
ISRB Instructor