

KELLY SIGLER

Horsemanship For Your Journey



Super Trail/ACTHA Prep Clinic

May 23 - 24, 2015 Ladd Farm, Bridgewater NH



Location:

Ladd Farm
1201 John Smith Hill Road
Bridgewater, NH
LaddFarmllc.com

Cost: \$395

Audit: \$25/day

Hours:

9:00AM to 4:00PM

Overnight horse accommodations:

Stalls \$30/day

Overnight people accommodations:

\$30/day

Contact:

Brenda Ladd
laddfarmllc@me.com
(603) 217-0205

Saturday: Rider Biomechanics

Through Rider Biomechanics you will learn how to achieve a safe and secure riding position. And how to become a more effective rider through a better understanding of what you are doing in your body. Learn how to align your seat and posture with your horse, despite any physical issues that you might have, helping assure you maintain the correct position.

The morning will be spent riding in the indoor. In the afternoon we will go outside and learn how to use Biomechanics to maintain a safe and secure riding position when riding on uneven footing; and when riding up and down hills.

You will learn how to use the natural impulsion of the trail—point-to-point—to motivate your horse. Or if your horse has too much go, learn what to do in your body Biomechanically to relax both of you. The workshop will help you develop your and your horse's confidence, in open spaces and on the trail.

Sunday: Spook & Survive and ACTHA Preparation

Spook & Survive begins with a discussion on why horses spook, and how their spirit level and horsenality impact on how they react. Kelly will review each horsenality and explore in general terms their potential responses.

Starting online, a variety of scary objects and scenarios will be presented. Learn how to introduce your horse to these objects and to build their confidence.

Then encounter additional scary obstacles from the saddle. You will learn basic natural horsemanship skills needed if your horse spooks when you are riding. Building on Saturday's Rider Biomechanics, Kelly will show you how important it is to ride correctly so you stay in the saddle if your horse does spook!

In the afternoon we put your Rider Biomechanics and Spook & Survive skills to purpose with ACTHA style obstacles. Develop your horse's confidence by first playing with the obstacles online. Then when you and your horse are confident, you will try the obstacles mounted from a safe and secure riding position.

We will set up ACTHA "stations" such as spiral in and out of a star pattern; back through an L; drag an object behind your horse; trot a weave pattern; walk through a labyrinth; take off a coat; trot over poles, and so much more.

You do not need to be studying Natural Horsemanship to benefit from this workshop, but would be helpful if you have an understanding of the principles.

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.*