

# KELLY SIGLER

Horsemanship For Your Journey



## Introduction to Trail Riding

Saturday September 26th, 2015      Stonington, CT



*Location:*  
Horses Healing Humans  
340 New London Turnpike  
Stonington, CT 06378

*Cost:* \$300  
*Includes*  
*continental breakfast & lunch*

*Audit:* \$50/day

*Hours:*  
9:00AM to 4:00PM

*Overnight horse accommodations:*  
\$25/day

*Overnight people accommodations*  
*Available ask for details*

*Contact:*  
Pennie Green  
hhhpenieg@gmail.com  
860.572.2942

**O**ne of the biggest concerns in Trail Riding is the unpredictability of what you and your horse will encounter out on the trail. This Clinic will prepare you for what to do, and how to stay safe and survive if your horse spooks or objects to crossing over or under something. We put principles to purpose in preparing your horse for trail riding.

The Clinic begins with the basic natural horsemanship skills needed from the ground. Starting online, a variety of scary objects and scenarios will be presented. Learn how to introduce your horse to these objects and how to build their confidence.

We will then explore what to do when you are in the saddle, focusing on you as a rider. Learn how to achieve a safe and secure riding position so you are prepared for what you might encounter on the trails. You will gain a better understanding of what you are doing in your body, so that you can be a more effective rider. And learn exercises to help you break old negative patterns.

Lots of scary obstacles and scenarios such as bikes, loud noises, tarps, pools of water, and other frightening objects will be available for you and your horse to experience.

The Clinic includes simulations, practice and theory, merging practicality with biomechanics. Learn to have better balance, a deeper seat and a more effective riding position so you can enjoy the wonders of going out on the trails with confidence.

*Kelly Sigler is a*

*3\* Licensed Parelli Professional*

*&*

*International Society of Rider Biomechanics Instructor*