

Join instructors Heather Lee Reid and Holly Barnett for a unique afternoon of education about you and your horse!



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Former World Class Horsewoman and Certified Pilates Instructor **Heather Lee Reid** along with Registered Equine Massage Therapist and Certified Saddle-Fitter **Holly Barnett** have joined together to offer you their expertise and help you understand how you and your horse fit!

PART ONE

SPINE TO SPINE

In this workshop you will learn about:

Your Horse's Back

- *The Equine Spine*
Understand the anatomy of your horse's spine
- *Understanding Equine Locomotion*
Learn how a horse uses itself to run, jump and carry a rider
- *Horse'back' Riding*
- *Equine Back Pain*

Your Back

- *Introduction to the Human Spine*
Learn Basic Pilates principles of balanced and aligned spinal movement
- *The Equestrian Spine*
What can posture tell you?
Explore common human postural issues and how they relate to the horse's back
- *Understanding Equestrian Spinal Mechanics*

The goals of this workshop are to provide owners with a clear understanding of the horse's back and their influence on it and to provide the necessary tools to create a more consistent, controlled and flexible rider.

Date: Sunday, November 21st

12noon—3pm

Cost: \$50 if registered by Nov 17th

\$70 if registered after Nov 17th

Pre-registration is required.

Call now to reserve your space!

PILATES NIAGARA

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