

EQUI-PILATES CLINIC WITH LINDSAY WILCOX-REID



Align your spine, control your core and don't forget to breathe!



Saturday 7th November

Sunday 7th February

Core stability and postural awareness are widely recognised in the equestrian community as skills which are of paramount importance to riders. It is essential that riders know how to stabilise themselves whilst remaining flexible in order to effectively influence and move in harmony with their horse. Lindsay Wilcox Reid is a British Dressage Accredited Trainer and a Level 3 Pilates instructor and she will show you how to use your body in a correct and energy efficient way, helping to maximise performance in the saddle and she will show you how to obtain that elusive “independent seat”. The sessions will be on a one-to-one basis and consist of half an hour of Pilates work followed by half an hour of riding in the ménage so it would be helpful if you could bring someone with you who could have your horse ready for you to ride.

For further information please see www.improveyourposition.co.uk

Cost: £40