

Adult Winter Camp Day
Biomechanics of Horse and Rider

Saturday, March 23, 9:30 am - 5, \$75



We will start the day at 9:30 am in the lounge making shirts that show if we are riding centered. *The shirt Susan is modeling is from Amazon for \$10. I will send a link to the registered participants to get a shirt or bring one of their own.*



11:30 am we will have classroom instruction by Mindy. We will sit on chairs going over the aids and movements. This is a great way to learn the aids. Without your horse, you can concentrate on what you need to do and how it feels. We will look at and talk about the use of bands as an aid.

12:30 pm Potluck Lunch

2:00 pm Be in the saddle for a group lesson going over the Biomechanics of Horse and Rider.



3:30 pm Clean your Tack.

By popular demand, we will get together and get our tack all cleaned up!