

Dressage Biomechanics with Rose Taylor on Sunday the 16th November

Rose is an EA accredited coach with a passion for dressage and helping riders improve their body awareness, balance, alignment and control to be better athletes to allow their horses to perform at their best! Trained in Pilates and with a solid foundation and understanding in rider biomechanics, aided by Franklin Method balls and Performance Refinery posture slings - these techniques are fantastic tools to improve proprioception, stability and mobility.

Franklin Method Equestrian: "Equestrians need to be coordinated and balanced in their own bodies to be able to adequately adapt to the constant movement beneath them while riding. They also need to be mentally focused in order to connect and communicate with their horse. The Franklin Method combines anatomical embodiment and imagery to improve awareness, train the mind-body connection, and produce efficient movement.

With more coordinated movement you'll experience improved strength, flexibility and posture naturally in your riding. If you are able to produce more efficient and coordinated movement, your horse will be able to do the same. The result of this is a rider and horse that look balanced easeful in their movement."

Performance Refinery P2 posture slings: "The PR Equiformance Posture Slings are a specific Patented design, developed by leading New Zealand and United States USEF Equestrian specific Physiotherapist Britta Anna Pedersen, for Active Stability and functional performance training of the Rider on their horse.

Functional Rider Training utilizing the Equiformance Posture Slings is a fabulous tool for helping to develop a riders feel associated with correct and effective postural positioning in the saddle. If we can 'feel' what muscles we should be engaging along with 'where' our leg and pelvis should sit, we then begin to work on mind-muscle connectivity. "

Each 60 minute session includes

- On/off horse postural assessment
- Position correction with the use of Franklin Method balls/bands and Performance Refinery Posture Slings
- On/off horse muscle release and activation techniques



The cost is \$110 per person/hour and \$30 per fence sitter for the day