

Angela Bennett & Anna Mattsson present their

## Rider Development Clinics

A series of one-day clinics, beginning with Rider Position, and leading on to Rider Aids.

**Sunday 18 October 2009 - Correct Rider Position**

**Pegasus RFD Indoor Arena and Meeting Room**

**Time: 9.30am to 3.00pm**

**Cost: \$140.00 per person**

What is the epitome of an effortlessly correct rider? How can you improve your own position to more closely resemble that of the role models we look up to? The Correct Rider Position Clinic will focus purely on the rider's position. It will utilise theory, off-horse body awareness techniques, and conclude with a lungeing session on the provided schoolmasters. It is designed to give you a technical understanding and feeling of a secure and effective seat.

### Clinic Includes:

Morning and afternoon tea, lunch, as well as your course materials, and schoolmasters for the lungeing session (you do not need to bring your horse). Numbers are limited to twelve riders (12) so please book early by taking and completing the attached brochure.

### To reserve your place and book:

Angela Bennett

0428 619 822 or

[bennett\\_ang@yahoo.com.au](mailto:bennett_ang@yahoo.com.au)



*"I take something away from every lesson and always feel like we are making progress. What Angela brings is, without exception, in the best interests of both horse and rider and our needs as a team".*  
Jena Lea. Student.

*"Anna has an amazing repertoire of exercises for the horse and the rider which build up your confidence, riding ability and understanding of the horse's movement. I always finish the lesson on a high, feeling we have achieved something"* Sarah Fitzherbert. Student.

Anna Mattsson

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