



## **Sitting wonky? Back ache after riding? Poor balance?**

### **Rider Alignment Course at Abbotsholme Stud, Marston Bank, Uttoxeter, ST14 5BP**

Run by True Alignment

The course focuses on improving function of the skeletal structure, in order to create more freedom of movement, enhance your partnership with your horse, improve your balance and increase your comfort both in and away from the saddle. The course runs on a Thursday evening from 7pm, for 7 weeks, and each week focuses on a different area of the body, the dates are as follows:

15th July	Feet
22nd July,	Spine
29th July,	Knees
12th August,	Hips
19th August,	Pelvis
26th August,	Shoulders and Arms
2nd September	Neck

You will learn how to improve the function of these body areas, learn about common dysfunctional problems and how to cure them, and work through a series of exercises which you are also given to take away from the class.

Sessions are made up of 30 minutes theory, 30 minutes exercises, and 30 minutes bench work per session. One rider per week will receive a Zero balancing bench body work session to help identify the areas of your body that require more attention.

The full course is £94, which can be paid in installments, and included refreshments at each class. Participants are welcome to stay and use our gym after the class.

To book your place call 07910 839442 or email [rosieellenryan@yahoo.com](mailto:rosieellenryan@yahoo.com)



**[www.jumpforittraining.co.uk](http://www.jumpforittraining.co.uk)**