



Kate Murphy-Fully Equipped Equine Services

Kick Start your 2020

Rider Symmetry and body awareness Course incorporating rider and horse massage

Kate is a level 3 BS Coach, Human massage therapist and Equine Sports massage therapist.

Kate has a keen interest in Rider Symmetry and uses techniques and equipment to help riders become more aware of their bodies with the ultimate aim of becoming more effective riders

Who would benefit

- Are you better on one rein than the other?
- Do you frequently one stirrup
- Do you have problems striking off on the correct canter lead?
- Lateral work and straightness issues with your flatwork?
- Problems jumping accurate lines and straightness?

So why not start 2020 as you wish to go on

Aims of the Clinic

- Become a more effective rider
- Develop greater body awareness
- Increase muscle strength & muscle memory
- Improve your position, balance and suppleness
- Improve your horse's way of going
- Boost confidence and self-belief

Programme

Assessment	15mins	To view horse and rider in action. Take video clips for review
Review	15mins	Review video clips and discuss findings Positioning of rider Straightness of horse
Rider Massage	30 mins	Target problem areas – in line with observations Possible reasons for rider position Concentrating on muscles used Identify areas of improvement
Horse Massage	30 mins	Assessment of horses and Massage Identify any areas of tension and how they may relate to performance
Riding Session	30 mins	Rider Symmetry session Bespoke exercises for each rider based on the earlier assessments and findings. Using a variety of equipment to enhance proprioception and body awareness
Review and Progress Plan	30 mins	Review video footage before and after – set SMART objectives and plans both short and long term goals

**Kate Murphy is offering an introductory package
of £150 – normal price £200**

Please check out website and facebook page for further information

https://www.facebook.com/pg/katemurphyequine/posts/?ref=page_internal

<http://www.fullyequippedequine.co.uk>

To book call Kelly 07557091008 or email info@boytonhall.me