

## **Polework & Cavaletti**

After running polework here at Long Drove for well over 4 years Tara has enormous experience in setting up varied and interesting patterns with poles and cavaletti. These sessions are great fun, informative, and structured to all abilities.

The benefits of these sessions include

Improving rhythm and balance

Increasing Cadence

Enhancing co-ordination

Adding Variety to training

Developing strength especially through the core and back muscles

Better proprioception

Encourages looseness and suppleness through the body

Helps in increasing the partnership between horse and rider

These sessions are aimed at all level riders wanting to improve. For those with less experience or on young horses then there is the private/semi private session option, or the possibility of a lower level group depending on demand.

Location Long Drove Dressage Centre

Group Price Members £18 non members £20

Duration 1 hour

Group Training max 5 per group private session also available

Private sessions members £30 non members £35

Semi private members £24 non member £25

To book please contact Tara on 07971187955