



## 1 Day Functional Movement Workshop

A deep dive into understanding how horses move and how to train them for healthy, happy, comfortable longevity.

Using ground work and ridden techniques this workshop will help you and your horse develop a connected partnership with functional balanced movement. Ideal for those with a history of movement issues/injuries although

not exclusive for this as improving movement benefits all and can prevent issues occurring in the future,

The workshop consists of  
1x lecture/demo/practical theory sessions  
1x ground work sessions  
1x ridden sessions

Who is this workshop for?

If you're looking to train your horse using groundwork and ridden exercises with a holistic approach in order to improve movement, joint function and muscle structure through developing balance, suppleness and lightness this is for you.

No quick fixes or gadgets used here just tried and tested method.

Price  
£105 non members  
£95 members

price includes training, stable, bedding, water and human refreshments

You will need to bring feed/hay, human food etc

maximum of 5 participants

Spectator spaces may be available please contact Tara to request this option

These workshops can also be organised for private groups, clubs and other organisations please get in touch to discuss your requirements.

To book space please contact Tara on 07971187955  
please note full payment is required to confirm a space