

Galston Equestrian Club presents Three great training options !

(1) AGILITY DAY



12th February 2012
With **Suzanne Bellette**

Horse Agility

<http://horseagility.com.au/>

Horse Agility Overview:

Learn basic skills on the ground with your horse in preparation for simple challenges. Then try the obstacle course.

Suzanne will be around for a short time after the session if you would like more information

To register email

lgarwood@live.com.au

or phone **0404876626**

for a fun social day out with your horse.

\$25 for GEC Members

Time : 10 am - 12.30

Bring: 12 foot lead rope and rope halter if you have them.

(2) PILATES



12th February 2012

With **Rebecca Ashton**

Qualified Pilates Coach

Session 9.00 - 12.00 ridden and mat work plus lecture
Bring horse and yoga mat etc.

\$100 per person maximum 4 people.

WHAT YOU WILL LEARN

- Learn why the body doesn't always do what we want it to do on the horse.
- Discover ways of correcting this by going right to the root of the problem..
- Become a safer more confident rider.
- Understand why the body doesn't always do what we want it to do.
- Experience exercises that will rebalance the body and remove blockages.
- Take home methods to easily create a more supple and flexible body.
- Find out how you as a rider can decrease the risk of injury not only to yourself, but also to your horse.
- Discover how you can help your horse do his job in a more efficient and happier way.

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(members only)