



## **NEW EQUIPILATES™ RIDER ASSESSMENT CLINICS**

**With**

**Kate Haynes**

**Chartered Human and Veterinary Physiotherapist**

**Equipilates™ Biomechanics Trainer**

**Advanced APPI Pilates Trained Instructor**

**MCSP, HCPC, ACPAT CAT. A**

**WEDNESDAY AM: ELSTEAD, SURREY**

**WEDNESDAY PM: SLINFOLD, SUSSEX**

- Do you want to improve your riding position?
- Are you told that you don't sit straight in the saddle but are not sure how to change it?
- Do you suffer from any discomfort in the saddle?
- Find out how to improve your riding position with an Equipilates™ Biomechanics assessment.
- Follow up sessions to map your progress and continue to become the best rider for you and your horse.
- Off and on horse sessions available. All levels of rider catered for.

Call Bridgefield Physiotherapy Office to find out prices and book your session on 01252 821 581