



Rider Align



Become aware of what your horse feels in walk, trot and canter

Work on your body awareness to improve you for your horse



GROUP RIDER SYMMETRY ON/OFF EQUISIMULATOR



Choltraí Riding Club Thursday 14th May 7pm.
Booking on [Hopoti.com/BalcultryAcademy](https://hopoti.com/BalcultryAcademy)
T&Cs Apply. €30 @ rider.

Suitable for all levels of rider. Small group session. consisting of time on and off the equisimulator working on riding specific skills including

Independent balance
Co-ordination
Body Awareness

with an Equipilates Biomechanics trainer, Franklin method and APEC Centre 10 coach

