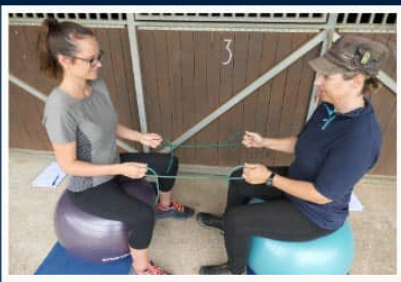


MARYBOROUGH ACTIVE RIDERS CLUB BALANCE & BODY AWARENESS RIDER BIOMECHANICS

MARYBOROUGH SHOWGROUNDS & EQUESTRIAN PARK
EASTERN ARENA

SATURDAY 11TH MAY | MARC MEMBERS ONLY



Morning session (No horse required)

- Rider foundational assessment - *discover your personal postural preferences and asymmetries*
- Enhance your riding with take-home interventions
- *Bring a yoga mat or large towel*

Afternoon session (Small group ridden)

- Reset your riding using tools for biofeedback to enhance body awareness, proprioception and position

Cost \$30 | Nominations close 3rd May

(max 16 spots, sorry no fence sitters)

Equiries: Mel.macaulay@strongstableseat.com.au
Nominations & stable bookings via Nominate.com.au



strong stable seat