

Classical Seat Workshops with **HEATHER MOFFETT**

Remedial rider trainer and author of the bestseller "Enlightened Equitation"

Sat 30/ Sun 31st
January 2010

Ladyleys Equestrian Centre,
Inverurie, Aberdeenshire AB51 0DR



Assisted by
Lisa Avery

(Enlightened Equitation Teacher, Level II)

10am – 5pm each day

The two day workshop will cover:
Absorption of the movement
Correct classical seat / position
Refined use of the aids
including weight aids
Riding in balance without
hindering your horse

Workshops will run with a maximum of ten participants in the following format:

- Day 1 AM - Mounted demonstration from Heather
- Dismounted workshop
PM - Ridden assessment lesson (Group A – 5 riders ~ 1.5h)
- Ridden assessment lesson (Group B – 5 riders ~ 1.5h)
- Day 2 AM - Ridden lessons (both groups) + discussion
PM - Ridden lessons (both groups) + discussion

(a further workshop on the
preceding Thursday/Friday will
be arranged to accommodate
additional participants if required)

Participants will receive over the two days 3.5h (minimum) ridden tuition in groups of 5, taught by Heather with assistance from Lisa in addition to watching the demo and participating in the dismounted workshop. Prior to the workshop, submission of DVD/footage of participants riding will be encouraged. These will be individually assessed by Heather before the workshop.

Stabling will be available until 2pm each day

Participant places £225

Spectators (Saturday and Sunday only – if a second workshop is organised it will be closed to spectators) are welcome at a cost of £15 per day or £25 for both days

For anyone interested, Phoenix and Vogue saddles will be on display and available for participants to try.

TO BOOK

Payment of a 50% deposit to Lisa Avery at the address below by 1st January secures your place.

Payment of the balance is required 2 weeks before the workshop.

Deposits are non-refundable except in the event of the participant providing a replacement participant or if we can fill the slot.

To book or for further info please call Lisa on 07981 700933, email lisa@shalloch.net

Lisa Avery, Shalloch, Crudie, Turriff, AB53 5QJ. Cheques payable to Lisa Avery.

The weekend workshop will be booked up initially, if you cannot attend the weekend dates and wish to be considered for a further workshop on 28th/29th, or a 1-day condensed version, please get in touch. Likewise, if you book for the weekend but would prefer or be prepared to swap to the Thursday/Friday if it runs, please say so with your deposit.

For information about Enlightened Equitation Lessons with Lisa in Scotland, or for enquiries about Phoenix and Vogue soft-tree saddles please use the contact details above.

For more information about Heather Moffett,
see www.enlightenedequitation.com