



Are you riding  
or are you  
guiding?

Would you like to ride in greater harmony with your horse?  
And lift your performances to a higher level?  
Would you like to engage in a more health-conscious training approach  
for both you and your horse?  
Let's change frustration into satisfaction...  
And ride with a big smile on your face!

Start the **online course 'RIDER BIOMECHANICS'** right now!

Horse riding is a sport...

In order to control your horse, you need to be able to control your own body.  
Riders with knowledge, awareness and body control make happy horses.



***"Nobody can ride  
perfectly, but  
everyone can do  
better!"***



**Roos Dyson**  
voted Dutch Best Equestrian  
Instructor in 2022



Gepaard met een Lach

No matter if you are hacking outside, starting your first lessons or competing at Grand Prix level, at all levels and in every discipline a good seat and balance is priority number one.

## The way you sit is the way your horse moves!



Learn how to change 'riding' into 'guiding' in this online course in 3 steps:

2

Efficient communication is not only 'feeling' your horse, it's also about your horse feeling you. After completing lesson one you will be ready for the next step: to improve your horse in the vertical balance by using the correct seat aids. This will obtain improvements in weight distribution, turns, lateral flexion and lateral movements.



1

Gain the required knowledge, learn to master the art of self-analysis and improve your posture, muscle coordination and your movements, all aimed at attaining the utmost connection between you and your horse.



3

The finishing touch... After this lesson your fine tuning between stability and mobility will allow your horse(s) optimal freedom of movement. Your seat, posture, balance and conscious movements can be used to guide your horse(s), encouraging them to move in a sound and beautiful way. Are you ready for the magic ??



Do you want to ride with a big smile on your face?

<https://gepaardmeteenlach.nl/rider-biomechanics-online-course-en/>

In partnership with:

Discount code:

