



Rider Biomechanics lessons featuring **Jane Braddock** **Sept 6-7, 2019**



Lessons are for any rider/discipline and will focus on riders who want to improve their body position and communication with their horse.

Jane has 23 years of experience and has been coaching riders for the last 15 years to achieve their goals.

Clear Skills Improvements: Using "rider centered" learning principles tailored to your learning style, your coaching and lessons are highly interactive. Each session confirms and re-enforces clear understanding of the new skills practiced. Each session concludes with review of "aha" concepts, and homework suggestions.

Harmonious Performance with Your Horse: Your communication with your "dance partner" begins with how to listen to your horse, how your horse's bio-mechanics impacts yours, and how to positively manage both your mental states throughout your rides. You'll work on skills improvement with harmony to advance your performance in the "art of horsemanship".

Better Results in your Equine Passion, Better Results in Life: Our horses are a passion that help us as riders to meet each day with renewed energy, whether we're "in the tack" or not. When you set clear "SMART" goals, work steadily towards achieving them and find that sense of joy and accomplishment, you tackle your other life roles with the confidence gained through those experiences. Your training sessions with Focused Riding help you progressively create these results in your riding, so you can carry your confidence to the rest of your life.

Lessons to be held at:
RNR Ranch and Tack
2697 Nevers Dam Rd
St Croix Falls, WI 54024

Contact for info pattygoepfert@yahoo.com
Call or text: 715-431-0405

\$90/lesson (2 rides are encouraged to get the full benefit of Jane's instruction; **Non-refundable deposit** of ½ down is required in order to hold your spot, balance to be paid by start of clinic.

Deposit will be refunded if the clinic is cancelled.

\$10 facility haul-in fee

Ride scheduled to be posted once registrations are determined

All **horses** need to have a current Coggins

Auditors welcome \$20/day, need not register in advance

Stalls and camping available, see registration form

Registration form