

Equestrian Pilates with Shannan King

Serving Mendo/Lake/Sonoma Counties!!

1/2 Day Basic EQUESTRIAN PILATES® Off-the-Horse Clinics

Half day EQUESTRIAN PILATES® clinics located at your barn or home. Provided in this clinic is a stretching, at-home, and in-the-barn program for riders. You will see dramatic improvements in your riding skills, health and enjoyment. Improvements include the rider being able to sit the trot better, improved use of the aids, relief from low back pain and much more.

A workbook will be given to you with all of the exercises and pictures so that you can do the exercises on your own at home or in the barn before you ride!

- Explanation of the Riding-Pilates Connection
- Learning the Fundamentals
- Rider Self Assessment
- 20 Minute At Home Program
- 15 Minute Barn Program
- Review of exercises at the end
- \$120/person with a group of 6 or more

PRIVATE EQUESTRIAN PILATES Sessions, Kelseyville Location

One of the goals of this form of Pilates is to increase your core stability and strength through muscle memory, which brings more awareness to your riding posture. Flexibility and balance are also emphasized during your workout to help allow the whole body to handle the stress of riding, to keep you the rider comfortable and healthy, and to achieve your desired level of performance. Pilates exercises are individualized for each rider to increase overall health, to address particular riding issues, to gain balance over jumps, to decrease muscle soreness, and more. A strong rider creates the same qualities in their horse!

- Initial Off-the-Horse Assessment 60 minutes \$70
- 55 minute session \$65