

T.E.R.A Sponsored:

# RIDER BIOMECHANICS WORKSHOP

## With Rider Biomechanics Coach Manda Morris

DATE: November 26, 2016

Rain date to be announced



*Leslie Barlow receiving personalized Instruction*



*Manda working with Kathy Owens and Alicemae Marunowski on breathing. Photo by Moonfyre Photography*

### ***Would you like to:***

- Have less body pain when you ride?
- Have better overall stability in the saddle?
- Influence the horse in a positive manner that allows the horse's job to be easier?
- Be more efficient and effective in your riding and in communicating with your horse?
- Learn how to gain awareness and strengthen the correct muscles in you and your horse for optimum performance?

Then this workshop is FOR YOU!

### **FOCUS:**

We will be focusing on what you can do as a rider to help your *horse's* longevity, comfort and performance. As well as what you can do as a rider to help *your* longevity, comfort and performance.

### **COACHING:**

Information will be broken down into easy to understand concepts that are suitable for riders at every stage of their learning experience. By increasing each rider's body awareness and using visual images as well as analogies, Manda helps riders

understand both what to do and how to do it. Riders will leave with improvements in concentration, body awareness, and core muscle strength. The improvements will be seen, by active participants, and felt, by the riders, in both in the rider's body, and in the horse's response to the rider's body. These can be obtained in the workshop, sending the riders and participants home with a good understanding of what to work on. Learning then becomes satisfying, exciting, and fun!

## **WORKSHOP FORMAT:**

- **Introduction and Lecture** (including dismounted exercises)
- **Arena Work** (focusing specifically on each rider individually)
- **Lunch**
- **More Arena Work with Question and Answer session**
- **Trail work** (applying the concepts on trail)

## **WHERE: Rusty's at Walnut Creek, Cedar Creek, Texas**

This facility provides a pavilion for lunch and lecture as well as two arenas, over 15 miles of barefoot friendly trails, large horse pens and RV Hookups and a bunkhouse. More information about the facility can be found at <http://www.rustyswalnutcreekranch.net/>

To sign up or for more information please contact Manda Morris at 512-801-6020 or email: [MM.rider.awareness@gmail.com](mailto:MM.rider.awareness@gmail.com).

Or use the online sign-up option by clicking link [HERE](#)

**COST:** \$155 for rider participant, \$55 for non-rider participant. TERA members get \$5 off!

Riders will be able to participate in the entire schedule and will benefit from direct hands on instruction related to their individual needs. Non-rider participants will be able to participate in the entire schedule, including watching arena and trail work. All participants will receive a workbook they can take home and take notes in from the lecture and Q and A session. The Q and A session is a good time for riders and active participants to ask questions about concepts covered in the arena riding.

## **TESTIMONIALS:**

“Many of my endurance friends take riding lessons from Manda Morris- and my horse was having some issues so I thought I would try to improve my riding form to help him. I found the lessons to be extremely insightful and as a bonus they were also fun! Manda was able to quickly identify the bad habits I had developed and gave me excellent tools to work on eliminating them.

As a result of her advise my long distance rides, typically 50 miles, are much more comfortable and my horse seems happier too. I completed Tevis this year and believe Manda played a vital role in that achievement. Definitely worth the time and money!” -Tammy Lessig

“Not only is Manda talented at riding, she is talented at teaching and makes you feel comfortable and at ease. I wish I lived closer and could take more lessons on a weekly basis!

I ended up riding the Palomino gaited horse that I don't know how to ride. She wanted to bolt at the start (of the endurance ride) and then she does some jumping things when she transitions into what ever it is she will do next. I had in my head what Manda told me about the rods connecting my knees and legs,.... when I was about to come off, that is what kept me on!” – Leslie Barlow

“Manda has an incredible eye for balance. She spends more time on this important detail than any other instructor.” –Steve Schafetz