

SYMMETRY TRAINING Clinic

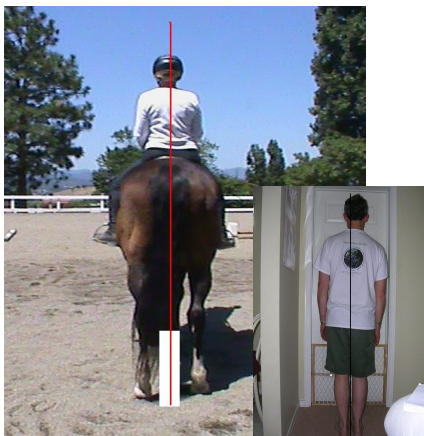
with Jeff Moore and Chris Hoffman



Kinesiotape, Movement, saddle fit, shoeing, balance, enlightenment

In this 3 day clinic, both the horse and rider will go through a complete coordination and balance assessment, learn specific, unique kinesiotaping protocols for themselves and their horses. Kinesiotaping is a respected technique used by Olympic athletes that can be easily applied to support tight muscles, relieve pain and repattern the way we and our horses move. It is the perfect foundation for creating connection and performance in any discipline.

- ◆ DAY 1 is rider balance and posture assessment and learn kinesiotaping to bring you as a rider into balance with gravity.
- ◆ DAY 2 Learn assessment, bodywork and taping for your horse. Help your horse be able to move to its athletic potential
- ◆ DAY 3 Learn specific exercises to enhance the new movement, coordination and balance of your horse with groundwork and under saddle work.
- ◆ Learn to apply kinesiotape and riding techniques so you can continue the progress. This is a fast and gentle way to help you and your horse be a more effective team and your horse to be a more fluid mover.



For More info or to
Reserve a spot, contact

