



' BALANCE IS THE CORE '

A summary of the Winter Workshop Lectures

with

Kirsty Wales & Becky vanden Bogaerde

Kirsty Wales is a qualified sports massage therapist and personal trainer in addition to being a BHSAl. This gives her a unique insight into the problems riders face and how to overcome them.

Becky is a freelance rider and coach who believes that riding well is as much about your mind set and approach as it is about skill and ability.

Both are passionate about the importance of quality training and adopt a multi faceted approach usually only applied to elite riders.

You may doubt how relevant this would be to you or how much you stand to gain but you will be surprised at how a change in attitude and small, easy to achieve changes to your way of doing things will help you reach goals you didn't think possible and make you a safer, fitter and more effective rider.

Subjects covered are- Balance and Core Stability, Flexibility and Suppleness, Fitness and Nutrition

FRIDAY 25TH MAY

7.30PM - 9PM

£7.50 NON-MEMBERS / £6.00 MEMEBERS

HEADLEY VILLAGE HALL

CHURCH LANE, HEADLEY, KT18 6LE

PLEASE TEXT CHRISTINE ON 07904 996767 FOR TICKETS