

**BRC AREA 10 LIAISON COMMITTEE
PRESENTS**

FIT TO RIDE?

AT BURHAM OLD SCHOOL COMMUNITY CENTRE
[corner of Bell lane / Rochester Rd ME1 3SF]
Parking in public car parks within 100 yds in Bell Lane and at Burham
Village Hall car park, Rochester Rd

SATURDAY MARCH 10TH 2012
from 12 till approx. 4PM
[with workshops starting each hour]

3 expert practitioners [who are also experienced riders themselves] present hands on workshop training for your mind & body

MARIE BEARD	NLP
JOY WEAVERS	Pilates
MARTINE WEBER	Bowen technique

Each workshop is approx. 50 mins and will be repeated 3 times so you can mix and match

£5 in advance or £8 on day for members of any BRC club

To be sure of your choice of times and slots please book in advance [including your payment] with Wendy Neath.

Non BRC members may be admitted on day [£10] if space permits – please call Wendy to check

Light refreshments included in your admission
Cheques payable to Area 10 Liaison committee

Email: wendy.neath@btinternet.com

01634 861339 07802 676 896

Street Farm, Burham, Rochester Kent ME1 3RL

Marie Beard qualified Practitioner, NLP Coaching, Hypnosis & Time Line Therapy™

Sports psychology is not new, it has been around for a long time, more and more sports men and women, both professionals and non-professionals are seeking 'performance coaching' to help them reach their full potential. Recognising the need to 'think like a winner' is one of the most powerful tools you can offer anyone in any sport. A truly successful sports person will be focused, motivated have self-confidence and be able to visualise success. The great thing is that this is not exclusive to sports people at the very top of their game – it is accessible to anyone who really wants to improve in their chosen field. That means you!

The NLP interventions will very quickly help you re-program your thinking strategies to the desired state, delete the negative emotions that you previously associated to your old behaviours and replace them with new positive behaviours. So if you are interested in learning how you can get rid of fears you may have that are associated to your riding, or may you would just like to learn how you can improve your performance with your horse – Marie can explain how you can achieve your goals.

Joy Weavers – qualified Body Control Pilates teacher

Body Control Pilates helps you increase your body strength, flexibility, and body awareness. All exercises are based on the 8 principles

- Alignment
- Concentration
- Co-ordination
- Relaxation
- Flowing movements
- Breathing
- Centring
- Stamina

Joy is an experienced and sympathetic Pilates teacher who trains several horses riders at a number of venues & classes in Kent

Martine Weber – Bowen Technique for Horse & Rider

EBT works using the body's energy to heal injury or pain. It is a subtle but effective therapy which many riders and their horses have benefited from. Martine will work with small groups, tailoring the session to the needs of participants