

Pilates

for More Effective Riding

How can your horse be straight, if you're not?
How can he use his back, if you're blocking it?



Live Better



Learn more about yourself as a rider.

- 45 min Evaluate your movement patterns (*group*)
- 45 min Learn exercises to change your habits that may block your horse (*group*)
- 45 min "Feel it" on your horse (*group*)
- 45 min Incorporate your awareness into your dressage riding (*semi-private*)
 - with your stable's trainer,
 - an equitation focused FEI Dressage trainer
 - or a trainer focusing on biomechanics of effective riding in all disciplines.

Ride Better

Which picture is you?



A Balanced Seat



Tight back, weak abs



Tight shoulders, shallow seat



Rounded back, ineffective seat



Over balanced, tight muscles

Megan Soske - Owner of Equinox Pilates Studio and Certified Pilates Instructor. Amateur rider for more than 30 yrs. Currently Competing at 3rd-level dressage, evented to Preliminary level, and worked with western horses.

Call for more information on scheduling a clinic at your stables

Equinox Pilates

ph: 916-548-6948
email: megan@soske.com

