



ALI WAKELIN WELCOMES



YASMIN STUART
TO PRESENT A 2-DAY COURSE

FOUNDATIONS OF POSTURE AND PRESCRIPTIVE EXERCISE
AT GB EQUESTRIAN CENTRE, SUFFOLK

27-28th APRIL 2004, 10 am - 4 pm

Most owners are aware that bodywork can be beneficial for their horses but however good that bodywork is the benefit will only be temporary if the horse's posture and way of moving is poor. Healthy horse movement is reliant on the choice of a suitable and progressive exercise regime. This needs to be founded on healthy, or progressively healthier, biomechanics. Very often people find it difficult to choose appropriate exercises or they are not quite sure what to look for and have questions about what, how, when, how many and for how long.

We will be observing biomechanics on live horses so that all participants can put theory into practice and train their eyes and know what to look for. We will look at how to assess the suitability of prescriptive exercises such as pole work and backing up for specific postural and biomechanical presentations.

This 2-day workshop is ideal for owners, bodywork professionals, saddle fitters and coaches who have an interest in enhancing their eye for posture and biomechanics. This course is suitable for those who are rehabbing a horse or aiming to promote the most healthy movement possible in their horse.

Yasmin Stuart is an Equine Physiotherapist and Lazaris Nerve Release Practitioner based in the UK. She is particularly passionate about the relationship between manual therapy and movement therapy to help rehabilitate from compensatory injuries such as kissing spines and sacroiliac disease, which is where Nerve Release blends beautifully into her practice.

The welfare of the horse is paramount to Yasmin's practice and she strongly believes that compassionate application of evidence-based techniques is the key to a happy, healthy horse. This includes teaching movement therapies with a solid underpinning of equitation science, and manual therapies founded upon a firm understanding of equine anatomy and research around the efficacy of their application.

DAY 1: POSTURE

Your horse's posture is a huge indicator of their musculoskeletal health and their biomechanic capabilities. It informs how well they may perform and what they might struggle with when training.

Understanding their posture is a cornerstone in safeguarding their health - recognising developmental improvements and regressions can help you to choose suitable exercises for them - ensuring that they are never put in a training situation where they are not set up for success.

On day 1 of this posture and prescriptive exercise course you will learn how to assess your horse's posture and what this means for their health and wellbeing. You will learn about their static posture could inform their dynamic posture and as such how their muscular health has an implication on their work capacity.

DAY 2: FOUNDATIONS OF PRESCRIPTIVE EXERCISE

Polework and other corrective exercises are widely used and prescribed by many professionals. You will learn how your horse's posture overlaps with their ability to successfully complete the exercises you set for them.

You will further train your eye for their biomechanics and the subtle indicators that they may be finding an exercise hard, or fatiguing.

You will also learn the training steps for exercise progression which can be applied to any training situation.

This course aims to empower horse owners and professionals alike to make choices which support and enhance horse wellbeing which snowballs to support their performance too.

LOGISTICS

- Price: £195
- Venue: GB Equestrian Centre
Full address at <http://www.aliwakelin.com/contact.html>
- To book: Please complete our [booking form](#)
and email to aliwakelin@aliwakelin.co.uk
- Deposit: A £95 non-refundable deposit is required with your booking.
- Refreshments: Tea, coffee and biscuits are available throughout the day.
- Weather: This is an outdoor venue - please dress appropriately.
- Horse: Please leave your horse AT HOME.
Resident horses will work with Yasmin to demonstrate.
- Organiser: Ali Wakelin, aliwakelin@aliwakelin.co.uk
Facebook [@aliwakelin](#)
www.aliwakelin.co.uk