Simulator Sessions

Posturide
Rider Posture, Movement And Fitness

Welcome!

Firstly, thank you for signing up to the simulator sessions with ACE. I look forward to meeting you! Here is a short information sheet to help you understand what to expect and a few reminders.

What to expect:

The session will assess position, balance and movement issues that you may have in the saddle, and give personalised exercises, tips and cues to correct and allow improvement. Why is this important to you? A well aligned and balanced rider who can follow their horses movement, means the horse can move more freely, perform better, and there is a reduced risk of both horse and rider becoming injured or experiencing discomfort.

Don't forget:

- You will need to fill out the **registration form** before your session.
- Wear **comfortable clothing** - stretchy breeches are perfect.
- You will be required to wear your **riding hat** when on ACE.
- Please being your **saddle with stirrups** (no girth or numnah). If you don't have a saddle please let us know beforehand and we can lend you one.

If you're unsure where to go, look out for **the big green and white lorry** as this is where Posturide is based! If you have any questions or concerns at all please reach out either by email or on 07846 206201.

A note on the process of change:

Remember, growth and change take time, and each session and review builds on the last, guiding you step by step toward your goals. Think of this as part of a continued journey, not a one-time fix, and you'll see the results unfold over time!

Cancellation policy: If you need to cancel I need at least 7 days notice. Cancellations after the 7 day closing period will not be refunded unless I can fill your place.

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