

...READER NEWS...

- > "Inside the Mind of a Winner" Seminars go Live May 28th
- > Look out for the Equilates editorial in Horse and Rider next month
- > Equilates takes off in Japan with help from Rachael Faulkner
- > Horse and Rider featured Debbie Percy - Sports Coach on Safe Hacking— May 09

JIGSAWEQUINE: HELP RIDERS TO ADVANCE



Barcelona Olympics 1992
Rachael Faulkner (nee Hunter)
and Basil

"Inside the Mind of a Winner"

Sports Psychology Seminars

"Building Confidence"

June 12th

Tickets £15

It may sound too good to be true, but there really is a horse goddess called *JigsawEquine!* We all know the feeling of wanting to go to that 'special' seminar; book lessons with a top class trainer; and buy that elusive 'press and go' horse. We believe that this is the magic fix we need for all our riding issues to be over. For many of us, we are running our horses on a budget that sadly doesn't grow on the trees we spend hours beneath 'poo-picking'! As a result, our dreams and ambitions (as alive at 50 years of age as they were at 15), lie unfulfilled till we win the lottery!

We won't take you away from top class trainers, or stop your search for Champion the Wonder Horse, we just believe that often we can solve

our own problems if only we know where to look: so instead of sending a horse away for remedial work, only to have him return to the same yard, some owner, same environment and same rider faults—we suggest you look closer to home - at you!

How often do we think our horse will do something and sure enough he does! We blame him and pay little attention to the impact of our own thinking. How many of us know that we collapse on one side in the saddle or we continue to ride despite stiffness in our joints? In both cases, our thinking and our body may be playing a key role in contributing to the problems we experience when riding.

Jo Young—FEI Judge and

coach to the Canadian Paralympic Team was very vocal at our Seminar in January, on the need for riders to get their 'minds into gear' and have as much control over that as they do their transitions! Osteopaths are urging riders to take better care of their back and physical support structure and recommend Pilates to do so.

JigsawEquine specializes in Equilates to develop the necessary balance and stability for riding. Our Sports Coach helps you 'rein in' those unwelcome thoughts and images so that you can put all the pieces together for successful riding at any level. We want to help you improve your mind and body without it costing an arm! Contact us direct for an individual consultation.

EQUILATES : HOW IT CAN IMPROVE YOUR RIDING

In November 2008 Horse & Rider featured an article on Equilates and how it is helping horse riders.

The article included the work of two experts including Rachael Faulkner (*JigsawEquine*). Rachael is a level 2 pilates instructor and represented Canada in the

1992 Olympics as a member of the 3 day event team.

It raised interesting questions such as "do you notice which leg you put more weight on when standing talking to a friend?" It is likely that when riding this is your dominant leg meaning you put more weight in that

stirrup. Most of us just don't notice such things about ourselves, without the help of an expert. What else are we doing without realizing the negative impact on our riding or on our horse? Find out more and grab a copy of the article today, then call Rachael on 07912 629433

