



## **LACKING CONFIDENCE?**

*Or just need a wee bit of encouragement to face riding challenges?*

*Train your body to control your mind.*

**Wednesday 8<sup>th</sup> June 7.30pm**

**Kingfisher Equestrian, Lovington, Castle Cary**

**An interactive, dismounted clinic**

*Try Tai Chi exercises for calm, composed riding  
With Life Coach and Tai Chi trainer Mimi Raad*

*Participate in 'preparation and balance' exercises  
suitable for all riders. With Equitrainer Kelly Johnson*

*Enjoy a mounted demonstration by riders showing  
how the correct approach can massively improve  
confidence when riding. Pat Burrough, Senior  
Instructor at Divoky Riding School*

**£2.00 MBBA members £4.00 non members  
includes light refreshments - pay on the door.**

**Bring a chair for your comfort**

**For further details [www.mbba.org.uk](http://www.mbba.org.uk)**

**Or contact Tel no. 01749 831276**