



Coffee and Cake Training Mornings with Rob Waine and Stuart Equine

No need to be downhearted when the RWD Unaffiliated Dressage Season comes to an end.... Continue your training and preparation for the year ahead with our new fun-filled and informative
Coffee and Cake Training Mornings!

<p>Friday 6th October 2017 - Arena Craft Maximise your marks by riding accurately. Corners, how to ride a Centre Line, how to get the most out of movement preparation Group Lesson Massage for rider Coffee and Cake</p>	<p>Friday 3rd November 2017 - Tack and Turn-Out How to create a good impression with the judges. Plaiting, boots, bandages, changes in regulations, do's and don'ts. Group tuition (unridden but with own horse) Massage for horse Coffee and Cake</p>
<p>Friday 8th December 2017 - Warm-up Techniques How to have confidence and 'own' the warm-up arena. How to have a set plan that works away from home. Group Lesson How to effectively stretch your horse demo Coffee and Cake</p>	<p>Friday 12th January 2018 - Rider Position Perfecting your seat in all gaits. How to ride the perfect transition Group Lesson Massage for rider Coffee and Cake</p>
<p>Friday 10th February 2018 – Pole Work Ridden exercises to maximise your horse's athletic ability Group Lesson Massage for horse Coffee and Cake</p>	<p>Friday 9th March 2018 – Dressage to Music Ride the essential movements and learn where to perform them for top marks Examples of music tempo to use for each gait Group lesson Massage for rider Coffee and Cake</p>

Come and join us!

Cost per session £65 per person

Spectators (including coffee and cake) £10 per person

Book all six sessions and receive a £30 discount

To book, please see robwainedressage.com/competitions-times/

Hurry! Spaces are strictly limited to **FOUR** people per session (excluding spectators)