

Légèreté with Catherine Marshall

Session 1 - 29/09

Session 2 - 27/10

Session 3 - 24/11

This systematic approach focuses on:

- Relaxation and availability of the lower jaw through the rider's utmost respect for the mouth.
- Extension of the neck.
- Straightness through bend.
- Separation of leg and hand aids.
- Creating the ability for horse to respond to any aid with lightness
- Flexibility and mobility in every gait.

Catherine Marshall is the first person in the UK to qualify as an instructor of Philippe Karl's school of Légèreté. We are pleased to offer 3 clinic dates with the kind permission of Ruth Aitken, West Tarf, West Linton, near Edinburgh.

There is much to put across and you may feel you need some support at the beginning to make the necessary changes hence the three dates.

The charge is £40 per 1 - 1 lesson with Catherine for riders and £10 for spectators. Ridden places are limited but Spectators spaces are not.

Please contact Heather (hmorrison711@gmail.com) 0771 3033081