

SEAT CONNECTION CLINIC

with Jenn Buck

*Integrating rider specific skill building, strength, proprioception, and connection.
Work to better engage your core and aides.*

Please Join Us

NOV 11 6:30-8:30 PM

NOV 12 2:00-4:00 PM

NOV 12 4:30-6:30 PM

Reserve your spot, RSVP by Nov 1st

Jenn Buck (314) 277-8390

jennomurphy@yahoo.com

Clinic Costs:

Session A \$40.00

Session B \$70.00 (horse/rider pairs)

Stall fee separate (if needed)

All attendees are invited to stay to watch and practice the horse work on stationary equipment.

No fee if unmounted.



*"I learned how important hip flexors are!
The leg over the saddle really opened up my hips and I didn't realize they were so tight before." - Jessica Schwartz*

Session A: Access how to use your best posture and seat with group groundwork and on barrels in this first hour. Ever wanted to find your best turning aids, most stable and supportive seat, effective leg aids, and strength in a light rein connection? We will build a personalized list to implement on your own, no matter what kind of riding you enjoy. Happy horses have harmonious riders.

Cost: \$40.00. Wear flexible layers for arena work. No tall boots or silicone seats. Expect to get dusty and to laugh a lot! A sense of humor required.

Session B: Functionally plug the work from our first session into the saddle as we transfer on to horses. We will discuss how to make sure your mount is on board with the exercises and slowly work through applying them. Mostly at walk, with trot or canter work for those whose horses are ready to carry the exercises in those gaits.

This session will be low impact for your horse.

Cost: \$70.00 Horse/rider pair. Helmets and boots, please no spurs. Horses and riders with a sense of humor required!

Clinic Hosted by Jenn Buck at Landers Dressage
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FARMS**

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