

THE ULTIMATE SEAT & POSITION CLINIC

Presented by Eileen Halloran and Rachel Markels Webber

Unlock the rider, unlock the horse.

RELAXATION, SUPPLENESS, BALANCE, FLUIDITY

This is what we expect from our horses, but is this how you feel in the saddle?

If not, this unique clinic can help. The combination of these particular clinicians – who together bring nearly thirty years of experience in body work, seat and position – is unlike any other.

You can unlock your ability to feel, and improve communication with your horse dramatically.

Each participant leaves equipped with a custom toolset - including personalized exercises – to continue the progress initiated in the clinic.

THE CLINIC HAS BEEN WELL-RECEIVED

The Ultimate Seat and Position Clinic has been hosted at Letter Perfect Farm, Sheriffmuir Farm, Shepley Hill Farm, and Whitney Lane Farm:

“The most amazing part of the clinic for me, was to see...real changes in the riders and horses.” – Karin Lagrange

“I feel transformed from this experience - both physically and psychologically.” – Deborah Bernard

“We seldom get instant gratification when it comes to riding, but this clinic comes as close as possible.” – Ellen Zanino

“I was impressed with the immediate results for ALL riders in the clinic.” – Deirdra Baldwin

Photo credit Oats News



The Ultimate Seat and Position Clinic includes eight individual sessions with both clinicians, and a lunchtime lecture.

“I have been working with the Egoscue exercises for several months and my riding continues to improve – just ask my horse!” -- Sally Hall

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Eileen Halloran is a USDF Bronze medalist, ACSM certified personal trainer, and Certified Postural Alignment Specialist Level 1 – The Egoscue Method. She conducts postural alignment sessions with riders throughout New England.

Rachel Markels Webber is a USDF Silver and Bronze medalist, USDF L judge graduate, and FEI competitor. Rachel is an expert in European-style longe lessons, a nationally-known vaulting coach, and a certified Ride Right™ sports psychology specialist.
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A PROVEN FORMAT

One or two day clinics, with a maximum of eight one hour individual sessions per day plus lunchtime lecture. During each session:

Eileen and Rachel observe each rider, compare notes, and formulate an action plan

Eileen works with the rider on mounted and unmounted exercises to begin unlocking and rebalancing

Rachel works with the rider mounted to help her/him feel position changes and the effect on the horse

Rachel and Eileen prepare a personalized take-home set of notes and exercises

Day two begins with a brief review of day one, then focuses on rider muscle memory and the horse's reactions to rider position

Riders perform their exercises from day one, then ride under observation

Eileen and Rachel together discuss with the rider new sensations in the body and changes in the horse

Riders' action plans are enhanced and refined