



**Tendring Hundred  
Riding Club**

**Fundraising event for  
ground improvements**

# **“Movement Improvement” Biomechanics Workshop**



**Would you like to ....**

**Feel more secure in the saddle?**

**Use your aids more effectively?**

**Learn more about Biomechanics?**

**Have fun?**



**An introduction to Intrinsic Biomechanics. Learn simple tests  
and exercises to help you improve your riding.**

**Goody bag and iMoveFreely exercises to take away.**

**Friday 11th April, 6.30pm-8.30pm**

**Great Bromley Village Hall**

**£30 per person, 10 spaces available**

**Payment to be made to Tendring Hundred Riding Club, 60-05-33, 23862343, Ref: Biomechanics**

**Message Heather on 07941 252663 for more information and to book your place.**