



Centered Riding and Introduction to Sure Foot Pads

Date: June 5, 2021 Clinic (rain date June 13, 2021)

Location: 29 Fowler Road, Westfield MA

Time: 9 am to 4 pm

Morning Session – How your body moves, intro to sure foot pads for you and your horse, utilizing centered riding techniques.

Break for lunch – Bring your own (no food vendors will be onsite due to COVID-19)

Afternoon Session – Use your skills with a 45 minute to 1 hour, 2 to 3 riding group lesson. Time slots will be assigned on a first come basis.

12 Riders max

Clinician: Debbie Murphy, USDF Associate Instructor, Centered Riding Instructor- Level II, Reiki Practitioner-Master Level, Feldenkrais Practitioner, Sure Foot Equine Stability Program Practitioner-1 Hoof Level

After retiring from the U.S. Government, Deborah became a full-time riding instructor and incorporates Dressage training principles, Centered Riding techniques and principles, and Feldenkrais Method® principles in all the lessons she teaches. The Centered Riding method uses body awareness, centering and imagery to re-educate a rider's mind and body to achieve greater balance to better communicate and move with the horse. Deborah learned that the Awareness through Movement lessons (Feldenkrais Method®) helped her in all aspects of her life, not just in riding. Normal day to day activities were done with more ease, her body was more even, and balanced, physical movements were done more freely and more efficiently. In addition to Feldenkrais for people, there is a program for horses involving the use of the Sure Foot® pads developed by Wendy Murdoch. The Sure Foot Pads seem to help horses in a similar way that the Feldenkrais Method helps people. The program offers the horse the ability to self-govern while creating awareness in posture, balance, and movement. Standing on the Sure Foot pads allows the horse to "reset" or self-correct habitual patterns. Using the pads seems to help the horse "reprogram" his or her own brain (again like Feldenkrais work). The pads also act like a magnifying glass to the observer. They have a soothing effect, bringing more tranquility to the horse which can last longer than a single session, reducing long term stress. Some of the benefits include better performance, Relaxation, and well-being, improved proprioception, support during chronic illness, help with Rehabilitation, Enhancing training, and Improved learning through novel, interesting experiences.

Price: Members \$85/Ride \$20 Audit Non-Member \$95/Ride \$25 Audit

Please visit www.westfieldridingclub.org to register, pay via PayPal and complete the Waiver forms to participate. Any question, please contact Sandi Hutchison at westfieldridngclub@gmail.com