

Academy
Equestrian

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Academy Equestrian News

Issue 5 November 2009

W.A.'s Home of Centered Riding

What's On

**School
Holiday
Day Camps**
Mon-Fri
Dec thru Jan

**School
Holiday
Residential
Camps**
14—18 Dec
21-23 Dec
4—8th Jan
11-13 Jan
18-22 Jan

**Centred
Riding
Workshops**
November
15th
December
6th

**TRAINEE
COACHES:**
Fridays
11am-2pm

**Instructor
Assessment
Workshop**
27th Novem-
ber
11am-3pm

**We have a new home....170 Rousset Rd Mariginiup.....
with indoor school arena, outdoor all weather jumping
arena, beginner lunge areas and endless bush trails.**

Summer School Holidays

Day camps week day s
10:00am—4:00pm
Residential Camps—
Book Now!

**Weekly Cross Country
jumping
Lesson**

3pm Saturday

Centered Riding

Workshops

November 15th
December 6th

AHRC Trainee

Instructor Workshop

Friday 27th November

Where are we?....

Rousset Rd is a continuation of Lenore Rd which runs north from Ocean Reef Rd in Wangara.

We hope to see clients past and present at the new centrewe are closer to many of you To those few that this move has taken us further away we do apologise but the facilities were just too good to pass up the opportunity.



Why Yoga for Riders....?

By Ann Johansson

Many wonderful reasons. Yoga works with balance, strength, flexibility and calm centering. It gets you in tune with your horse on many levels. On the physical level it loosens your muscles and

joints, improves your balance and strengthens you. A well composed Yoga session will work with every muscle of your body.

On the mental level it focuses your energy into your body, giving body awareness. So important for a rider who might need to move a leg this way, a shoulder that way, do something with the seat while keeping everything else still! All simultaneously! Without forgetting to breathe! Yoga helps you with that.

On an emotional level the poses, and the breathwork in particular, are immensely calming, having a meditative effect. Horses - being sensitive and intelligent animals - will pick up on this and be more willing to work with you.

Academy Equestrian now offers "Yoga For Riders" classes on a regular basis as well as being an integral part of our Centered Riding workshops.

Yoga Class Times

Thursday 4:30pm

Saturday 8.30am



Trail Riding in Summer

Visit our website to download a registration and booking form for all our trail rides www.academyequestrian.com.au



Trail rides operate every day during the school holidays—why not bring the whole family!

Commencing trails at the new centre December 8th!

AHRC /NCAS Level 1

Trainee Instructor News

Congratulations to Gillian, Birte, Heidi, Kayla,- All became Senior First Aiders last month.

Thanks to Richard Carrington and Ben for presenting the training on removing a shoe and filing the foot—everyone had a lot of fun and at the same time as learning!

The next big in house training and assessment day is to be held on Friday 27th November.

Please book in as soon as possible so that we can plan the day.

The workshop will cost \$125 for the day. The focus will be on personal riding skills and the lesson format for final assessments.

We possibly have a number of Trainee Instructor's who may already have completed the requirements for AHRC Assistant Coach qualification. If you attended the last assessment day and have not yet completed the written paper please bring along with you on the day. Please bring along your Study Guide and log book also .

Stephen Johnson's

Lessons

are

Thursday Evening

@

5.30pm

Workshops coming up!

Before they were famous....

School Horses ...Dancer.....

Aka Firing Range. Like Beau Dancer also had a very successful racing career winning many city races then going on to have a successful evening career. The true equine athlete Dancer was still racing in the country during the week whilst eventing on the weekends with his trainers wife!

Share Leasing...

Share leasing one of our school horses allows you to enjoy the benefits of horse ownership without the 24/7 responsibilities and get an idea whether horse ownership is for you, experience the companionship and warm fuzzies from building a long term relationship with a horse. The share lease fee Includes two lessons weekly, full board agistment and use of all existing tack and rugs, farrier and vet fees.

Either 6 or 12 month share leases are currently available.

Horses now available to share lease: Tojo, Phantom, Chester, Dancer



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New email address:
academy.equestrian@bigpond.com

www.academyequestrian.com.au

170 Rousset Rd Mariginiup

Need to cancel your lesson? If you are unable to get to your lesson please sms Emma or Alison at least 12 hours prior to the scheduled lesson time.

Please note— most lessons are fully booked now so we assume you will pay for the lesson unless you give 24hours notice of cancellation.

Riding School Manager

Emma

Mobile 0407 865 628

Please address all queries regarding your horse, tack, rugging or feed to Emma!

Head Coach

Alison

Mobile 0418 681 529

W.A.'s Home of Centered Riding!

The Academy Trading Post

Place your own advertisement here to advertise your business— networking works

Use this space as an outlet for clearing out your garage, garden shed or spare room! Or even finding the next horsey gadget.

Email your ad or details of your goods with a phone number & email address to for inclusion in next month's newsletter!

Or maybe you just want to make an announcement to the Academy community!

WANTED

Weekend volunteers to assist in grooming and tacking up horses, mucking stables etc.

academyequestrian@bigpond.com

