

Lynn Russell

Durfold Farm
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Lynn Russell
**IT'S
SHOWTIME**



show horse producer and trainer Tel: 07855 106096



CONFIDENCE BUILDER CLINIC

12 & 26 October 2019 at Durfold Farm

See www.topcobs.com



Want to gain confidence? Want to improve your relationship with your horse?

Whatever your worries, this sympathetically run clinic, with strictly limited numbers is just for you.

If you wish, you may bring a groom along to be with you, look after you and your horse throughout the session and give you an extra level of care. (The price includes a groom.)

It's not a showing clinic it's aimed at improving horse and rider confidence and helping you make progress towards a better relationship with your horse.

So if you have some worries and would like some help - don't hesitate - come along!

The plan for the day:

- Group chat over coffee to assess and use group discussion to help deal with problems
- Tack and safety assessment.
- Ridden Sessions will use positive repetition focusing on and reinforcing what you already know but might have forgotten.
- Split into two groups
- Group 1 Ride, advice and guidance throughout. Group 2 watch and learn.
- Group 2 Ride, advice and guidance throughout. Group 1 watch and learn.
- Break
- Group discussion on the first ridden sessions, tips and techniques learned.
- Ridden Sessions working on what you've learned
- Split into two groups
- Group 1 Ride, advice and guidance throughout. Group 2 watch and learn.
- Group 2 Ride, advice and guidance throughout. Group 1 watch and learn.
- Wrap up chat and next steps.

At the end of the session you will receive a Recommendation Sheet to take away, to help you progress at home.

To get the best from this clinic please complete the booking form in full, which will ask in confidence for some information about you and your horse.

If you would like a follow up, then I also offer bespoke programmes, one-to-one, tailored to your individual needs. If you think this would benefit you, then please contact me before or after the session to discuss.

HOW TO BOOK AND COSTS

- The session runs 10.00 am to 4.00 pm approx.
- The cost per horse & rider and groom is £80.
- Spectators are also welcome at £5 per person. Please include on the booking form.
- Tea and coffee available.
- Overnight stabling in a fully covered yard is available at £30 one night or £50 for two nights from the night before your day. Stabling is limited so please book early.
- Bed and Breakfast is available locally, send sae with Booking Form for a list. Local taxi service also available.
- To book your place complete the Booking form available on www.topcobs.com
- Or call: 07855 106096 for more details

A trained First Aider is present throughout the day but for emergencies a 999 call will be made for ambulance to attend.

You are responsible for your own travel arrangements when attending these workshops. I do not offer a horse transport service. For those nearby I have a list of local licensed DEFRA authorised horse transporters.

I would like to thank all my sponsors who help to make these clinics possible.