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## Equilates Makes Jumping Easy...!

Cheryl Bezants (BHSI) trainer in Surrey invited Jigsaw Equine along for a 2 hour Equilates session—with mounted rider as part of her summer series of info-lectures (<http://www.info-lectures.co.uk>).

Over 20 keen enthusiasts endured a chilly evening to find out more about how their posture can impact (positively or negatively) the performance of their horse over fences.

The evening began with some 'class room' time as Rachael Faulkner took everyone through the basics of Equilates. Starting with some pilates principles the group learned about postural assessments, how to engage their core and got to do some 'hands on time' with total strangers as everyone groped around in search of shoulder 'girdles'!

It seemed only fair that the mounted rider and her trusty steed benefit from the theory before putting it into practice themselves—(pictured below center stage taking it all in).



## Twitter Chums...

Love it or not, twitter is a great source of networking and staying connected with what is up and coming in the horse world. Some of our top follows include:-

@Vickyspicer—resident journalist for H&H

@thebitgirl and @kateneagus for bit trades and great saddler

@RheaFreeman and @GGeePR for public relations horsey style

@RuralTV—to know what's on it's way!

As with most other aspects of riding and caring for horses, the key to success is in the detail. Before our willing rider was put through her paces over fences Rachael shared her observations about some of the physical aspects of the riders' ankle, foot position and how that translated up the body and to the horse.



The first few fence jumps were crooked and had everyone's hearts in their mouths. After a few small corrections horse and rider 'popped' over straight and true.

There was no rest for the wicked as the group on the ground were made to work hard at noticing what they noticed and thinking through the challenges we ask of our bodies in simple moves like shoulder fore. Everyone was left in no doubt that a better sense of control and body awareness in the rider will have profound impact on our riding results.



For more information about Equilates; what it is and how it can help you contact Rachael by email at [info@jigsawequine.com](mailto:info@jigsawequine.com)

The next Equilates clinics to run are November 9th and a full day practical workshop on November 30th.

Both workshops will take place at Poyle Studio, Poyle Farm, Poyle Road, Tongham, Near Farnham, Surrey, GU10 1BS.

Full details on the [jigsawequine](http://jigsawequine.com) website/events.