

# SYNERGY SIMULATOR LESSONS

30-minute sessions by appointment only

Single Lesson \$50, 3 Lesson Pack \$135 (\$45 p/p lesson), 5 Lesson Pack \$200 (\$40 p/p lesson)

## RIDER ASSESSMENT

Horse riders of all abilities can develop bad habits without realizing it. Assessment lessons allow you to identify your weaknesses so you can practice a variety of exercises to help develop and improve your riding. These lessons enable you to concentrate solely on your riding technique without having to worry about the natural reactions of a real horse. Get rid of those unwanted habits and discover the difference it can make to your riding.

## LEG POSITION & LEG AIDS

This lesson focuses on the correct application of leg aids whilst riding. Using a variety of different exercises and training techniques on The Simulator will help you develop more strength in your legs allowing you to give more precise leg aids. The on-screen feedback will show your exact leg position, and effectiveness when applying pressure. Improving your leg use and position will result in a more responsive horse and transitions from one pace to another will be much smoother, enabling you to get the best out of your riding.

## HAND POSITION & REIN CONTACT

Incorrect rein contact can be uncomfortable for the horse and hamper the vital communication between the rider and the horse. Learn how to be confidently in control of your horse whilst riding with a hand position and rein contact that allows the horse to go freely forward. In these lessons, you will ride exercises that teach you to achieve accurate, smooth transitions up and down the paces without negatively interfering with the reins, disrupting your horse's rhythm. These training sessions will help you to become a more sympathetic and accomplished rider.

## SEAT & POSTURE

Riding with bad posture and a poor seat can not only cause injury to yourself but can negatively affect your horse's way of going. A tension-free, dynamic seat is the foundation for every good rider, it will enable you to sit in a supple position and in balance with the horse in all paces. Riding the Simulator will give you the opportunity to analyze your posture in the saddle using real time feedback from the seat sensors. Improving and strengthening your seat and posture will make you a more secure, balanced, and effective horse rider.

## CONFIDENCE BOOSTER

Lack of confidence in the saddle can prevent you from achieving your riding goals. Learn how to let go of physical and mental tensions that build up when riding. Simulator enables you as a rider to concentrate on your technique and hone your skills as a rider, without any external distractions. Overcoming fears and trying new things in a safe and enjoyable environment will help give you the confidence to do the same on a horse and you will feel the benefits transferred into your day-to-day life.

## BALANCE & STABILITY

To work together harmoniously, both horse and rider need good balance. If you are unbalanced in the saddle, it will be uncomfortable for the horse and your safety could be compromised. In these lessons, you will enjoy taking on a variety of fun and influential exercises that will improve your balance, strength, and confidence in the saddle. Using Simulator helps you to develop the core strength required for maintaining a balanced position when riding. When you become a balanced rider, you will not only feel more secure, but you will achieve pure harmony with your horse.

## COORDINATION OF AIDS

If you are unable to use your seat, leg and rein aids in isolation you could give confusing signals to your horse and make riding transitions and lateral work very challenging. The Simulator allows you to perform strategic exercises, not possible when riding a real horse, that teach you to target different parts of your body. The benefit of being able to tap into individual body parts, and use them independently, is that you learn to coordinate and control your body and give clear and accurate aids that will make all your riding and particularly lateral work seem effortless.

## JUMPING POSITION

Problems occur in jumping when a rider isn't balanced in the saddle which can lead to them supporting themselves with their hands or gripping with their legs. Using the Simulator can help develop a strong and stable two-point position, maintaining weight over the center of the saddle and with the hips, knees and ankles relaxed and flexible, without depending on your reins for balance. Strengthening your position will enable you to be much more secure and confident over fences.

## RIDING VACATION PREPARATION

A riding holiday can be a once in a lifetime trip for many and your enjoyment of it can be seriously affected if you are not properly prepared or not fit enough. Lessons on Simulator can be targeted towards preparing you for long hours in the saddle, learning how to ride with a light seat which is essential for prolonged periods at faster paces. By building up your strength on the Simulator you will develop a stronger and safer riding position and your vacation will be much more fun!