



SANDY RIVER
EQUESTRIAN CENTER

Balanced Riding Event Clinic

with Jessica Bortner-Harris

April 3 and 4, 2021



Sandy River Equestrian Center is pleased to offer an outstanding event clinic for a balanced ride with Jessica Bortner-Harris. Do you ever feel like you are stronger riding one direction than the other in the saddle? Have you ever wondered how even your body is left to right? Does anyone ever tell you that you look crooked from behind? Do your heels rest at two different levels? Do you feel more sore on just one side of your body after a day of riding?

If you ever once thought "yes" to any of these questions, you should watch this brief video, and consider joining us here at Sandy River Equestrian Center for this informative clinic, with four-star rated eventer, Jessica Bortner-Harris, to help you become a more balanced and effective partner, no matter your discipline. All levels are welcome!

Here is a quick video of the bands Jessica uses: <https://youtu.be/NLJNQOPWuQQ> (https://youtu.be/NLJNQOPWuQQ?fbclid=IwAR2KgVZz1ewRG2Y0GHXqU1nFP5BypK_tV4_aForeorgol4umCIQEi8UZYZM)

Clinic Participation: Riding: \$125 per 45 minute Private Session

Stabling: \$20 per Night **Auditing:** \$25 Daily

To register contact: Sam Burton Henley
sam@eqmtc.com or 540-488-5416

The Science of the Bands

The PR Equiformance Posture Slings are a specific Patented design, developed by leading New Zealand and United States USEF Equestrian specific Physiotherapist Britta Anna Pedersen, for Active Stability and functional performance training of the Rider on their horse.

Resistance band training has been around since the early 20th century and is widely used as part of both fitness and strength training. Sling exercise therapy (SET) training is a newly developed training method, which demonstrates the effects on enhancing deep stabilizing musculature, neuromuscular control and decreasing musculoskeletal complications. Anatomy slings were first described by Vleeming - as muscles, fascia and ligaments all working together to create stability and mobility.

How do I functionally re-train my alignment? Functional Rider Training utilizing the Equiformance Posture Slings is a fabulous tool for helping to develop a riders feel associated with correct and effective postural positioning in the saddle. If we can 'feel' what muscles we should be engaging along with 'where' our leg and pelvis should sit, we then begin to work on mind-muscle connectivity.

SET of the Rider on the Horse is an open kinetic chain exercise and addresses the principle of strengthening the core musculature of the body through instability training of the body's slings. It has been demonstrated that SET training has a positive effect on balance, force and velocity, suggesting that training core musculature through SET improves energy transfer from proximal to distal segments - exactly the full functional balance needed during riding.