

# Programme - Riding Weekends

Leaders-Cathy and Kate

## DAY One- Saturday

- 9.30am start      -Registration  
                         -Introductions, goal setting,  
                         -How horses think-handout
- 10.30am tea
- Ground skills/games  
                         -mounting  
                         -mounted flexing and yields
- 12.30pm            -lunch
- 1.30pm             -safety talk,
- 2.00pm             -ride to Lagoon Creek and waterfall
- 4.00pm             -return, and horse care, finish and spa

## DAY TWO- Sunday

- 10.00am start.    -Ground skills warm up, and Games  
                         -mounted flexing and yields
- 11.00am            -ride with lunch, Crystal Lake
- 4.30pm             -Return wrap up, horse care, finish and spa

**Programme subject to Change**

## What to Bring

Protective clothing for sun and cold

Riders - All your usual horse riding gear including sturdy shoes for walking downhill.

Food to share for Saturday night dinner

We look forward to joining with you for a great time of learning on how to create partnership for pleasure riding and having fun doing it.

Cathy Johns, and Kate Tapley

**Learn how to find a deeper understanding and be with your horse more successfully and safely, while having more fun.**