



BHS Scotland presents Continuing Professional Development day

## Biomechanics

Horse - Rider Interaction & Rider Positioning

With Russell Guire and Centaur Biomechanics

**25 October 2017, Dark Deer Equestrian, Millness, Glen Urquhart, Inverness IV63 6TW**

### with Centaur Biomechanics

The day will focus on horse-rider interaction & rider positioning improving welfare, soundness and performance.

Biomechanics is the science of the movement of the living body and with horse riding you not only have two living bodies working in harmony but also a wealth of other forces at work such as farriery, tack, external environment and surfaces. Focusing on the rider, this day will improve your understanding how biomechanics determine and impact on your performance.

Russell is the UK's preeminent biomechanics expert and everyone will enjoy and benefit from this day.

Open to everyone. 9.30am - 4pm

Catering facilities will be available

**Costs:** £25.00 for APCs ; £35.00 to all others

Your cheque reserves your place. Please send SAE if you want a receipt.

Counts as CPD for Accredited Professional Coaches.

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## Biomechanics with Russell Guire and Centaur Biomechanics

Date: 25 October @ Dark Deer

No of tickets @ £30 for APCs: ..... No of tickets @ £35 for others: .....

Name: ..... Tel: .....

Address: .....

.....Postcode: .....

Email: .....

Please send to: BHS Scotland, Woodburn, Crieff PH7 3RG. **Cheques to "BHS Scotland" please.**