



## RIDER'S FITNESS

### Centred Riding – the right training for a good seat

An intensive training week under the instruction of three experts:

- 1 riding teacher specialized on ergonomics and motor function
- 1 physiotherapist specialized on ergonomics and pain therapy with sportsmen
- 1 veterinarian specialized on horse training

5 days intense riding training (60 min.), 5 x individual physiotherapy and fitness training.

One week in half board in Country Hotel (only on certain dates available, dates will follow)

Package price: **€ 1.410,00**

*Riding programs require a good health condition and a maximum weight of 95 kg.*

*Riding programs prices are per person and include VAT.*