



REBECCA SANOJA CLINIC

June 4, 2023

8 am - 12 pm

**LBHA Arena
3550 Ong Pl.
Loomis, CA 95650**

**2 sessions,
\$55/session**



Becky is U.S.H.J.A and British Horse Society certified instructor with over 45 years of teaching all levels of riders from beginners to grand prix jumping riders spanning 3 countries. Whatever your level of riding or discipline, she can improve your riding and your communication with your horse.

Beginner - Intermediate Level

8:00 am - 10:00 am

- GENERAL POSITION
- HOW TO IMPROVE YOUR CONNECTION WITH YOUR HORSE
- TRANSITIONS
- INTRODUCTION TO POLE WORK
- IMPORTANCE OF POLE WORK TO IMPROVE YOU AND YOUR HORSES BALANCE.AND CORE MUSCLES

Advanced level:

10:00 am - 12:00 pm

- IMPROVING YOUR AIDS AND POSITION
- IMPORTANCE OF LATERAL WORK WHATEVER YOUR DISCIPLINE
- MORE ADVANCED POLE WORK EMPHASIZING THE IMPORTANCE OF STRAIGHTNESS AND CORRECT BEND

RSVP: becky@bryherstonefarm.com