

Welcome to Equestrian Aquatics

Welcome to the Equestrian Aquatics foundation level program.

I am so excited to share this program with you. It has made such a difference for me and my students in the way our horse understands us, and how we feel.

The course is divided in to 7 modules, with 3 lessons in each module.

You have lifetime access to the course but initially it will be available a lesson at a time, so you have time to assimilate each lesson.

The Seven Modules are:

- Balance
- Suppleness
- Lower Body
- Upper Body
- Core Stability
- Full Body
- And Balance Re-visited.

Each module will work on the whole body, but will also focus on a specific area or theme. Most exercises will be able to be done on land so you can start to learn them before you go to the pool.

Why Equestrian Aquatics?

There are advantages to working in the water that you don't get working on the land.

The resistance of the water will challenge your balance and suppleness. It will show you your stronger and weaker areas, creating body awareness that will benefit your riding.

The buoyancy can both aid or challenge your balance depending on the exercise and can be varied by adjusting your depth in the water. Exercises with the pool noodle and the motion of the water will challenge your core stability. The same sort of challenge you get while riding, as horses constantly change under you.

What's Next

Please take a few minutes to do the evaluation tests so you can track your progress. Remember to also sign up for our private Facebook group so you can share your ah ha moments, ask questions and find yourself an accountability buddy. I look forward to getting to know you there.

Now go ahead and jump in to lesson 1, learn the 7 stretches and your first 5 warm-up exercises.

Watch your email so you know when each new set of exercises can be accessed.