



Why Do We Include a 15-Minute Biomechanics Session?

At Barnfields Riding Stables, we believe riders should prepare for riding in the same way any athlete prepares for their sport.

As part of our New Era Coaching Programme, every lesson includes a 15-minute biomechanics and balance session before mounting. This acts as a pre-riding warm-up designed to prepare the rider's body for the physical demands of riding.

The session focuses on:

- Improving balance and coordination
- Developing a correct riding position
- Increasing body awareness
- Improving core stability
- Encouraging effective movement patterns
- Building confidence before getting on the horse

By establishing a more balanced and effective position before mounting, riders are able to make better use of their ridden lesson time. Rather than spending the first part of the lesson correcting position, instructors can focus more quickly on developing riding skills and achieving lesson goals.

Most importantly, this approach benefits both rider and horse.

A rider who is balanced, supple and correctly aligned places less tension and restriction on the horse. Improved rider posture helps create a more harmonious partnership, allowing the horse to move more freely and comfortably. This supports our commitment to horse welfare and ensures our horses are not carrying unnecessary tension caused by stiff or unbalanced riders.

Our biomechanics sessions are therefore not simply an "add-on" to the lesson. They are an important part of our coaching philosophy, helping us create:

- ✓ Better balanced riders
- ✓ More effective communication with the horse
- ✓ Improved rider confidence
- ✓ More productive lessons
- ✓ Enhanced horse welfare

At Barnfields Riding Stables, we believe great riding starts before you even get on the horse.