



DYNAMIC NEUROMUSCULAR STABILISATION

for HORSE RIDERS



When

Saturday 10 November 2018
8:00 - 17:00

Where

AMT Equestrian Services
Gidgegannup, Western Australia

Cost

Riders \$250 (5 places available)
Spectators \$20

Contact

For clinic details contact:
Suzanne Smith: 0407 532 459

For bookings contact:

AMT Equestrian Services
info@amtequestrian.com.au
Phone: 0413 038 232
www.amtequestrian.com.au

Dynamic Neuromuscular Stabilisation (DNS) is a revolutionary new physical rehabilitation method which can literally transform the way you move through simple exercises you can perform at home. This method is different because it works at the level of the brain and central nervous system, re-training and restoring motor patterns (the "software" that "drives" our movement). This clinic presents a unique opportunity for participants to learn about their individual functional restrictions and how this may be impacting their riding and their horse.

A balanced, stable rider is an essential prerequisite for a balanced, correctly moving and happy horse. Do you feel your posture or stability in riding is limiting your performance? Do you have ongoing soreness or limitations in your body you want to change?

Who is teaching?

Suzanne Smith is a registered Occupational Therapist with a passion for empowering people to overcome musculoskeletal limitations and live their best life. Suzanne has been working with DNS as a therapeutic tool for many years and has seen its power to transform the way people move and feel. People can overcome chronic body issues previously thought to be permanent and unchangeable. Suzanne has always loved horses and is owned by a beautiful, big and opinionated Percheron X mare Bella who has sparked Suzanne's interest in combining her skills to assist horse riders.

