



# “EQUINE PILATES” DEMO

**Monday 22<sup>nd</sup> March 6-8pm**

Discover new and proven techniques  
for keeping your horse fit and well.

Chartered Equine and Human Physiotherapist, **Etti  
Cook**, will show you how you can become your  
horse's personal trainer.

**Session format:**

- A class session covering:
  - Equine anatomy and biomechanics
  - Etti's personal experience as a 3DE rider and physiotherapist to her own horses, and to top competition horses including those competing at Badminton, Burghley and International SJ competitions.

Followed by...

- A practical session - teaching you stretching, core stability and balance exercises that you can take away and work into your horse's routine

**Venue:** Grange Farm Equestrian Centre, Wittering,  
PE8 6NR

**FOR TICKETS (£10) CALL OR EMAIL ETTI**

Etti Cook MCSP, ACPAT “A”

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