

“Achieve your equestrian dreams – one hoof at a time”

# Claire Llewelyn ‘Franklin’ Clinic

## Sunday 9<sup>th</sup> December 2018

Grange Farm Equestrian Centre, Wittering Grange, Wansford



Franklin Balls were developed in Germany by Dr Eric Franklin, originally to help sports people but they have now been developed to help Equestrians. I recently attended a course to learn how these work and am now trained in their use. The balls are different sizes and shapes, either filled with air or water, which are used in different ways, for example under seat bones, thighs and armpits to help riders develop their balance, core strength, straightness and suppleness. They help identify areas riders need to work on, and also really show how the rider influences the horse's way of going. We have found that horses become more forward, relaxed and straighter and riders become more 'bodily aware'. It's absolutely fascinating!

*Claire Llewelyn*

**60 mins group session (no more than 4 people)  
£15 members, £20 non-members**

**Places will be allocated on a first come first served basis with priority given to members.**

**Places and times can only be confirmed ONCE PAYMENT has been MADE.**

**Any queries, please contact [Angela Lumsdon](mailto:angelalumsdon@outlook.com) on 0779 5261105 or [angelalumsdon@outlook.com](mailto:angelalumsdon@outlook.com)**

Times will be available on 7<sup>th</sup> December and will be texted/emailed to you directly and appear on our website.

If you would like a session please complete this entry form and return it to Claire Llewelyn 'Franklin' Clinic, on 9<sup>th</sup> December 2018, Wittering Academy Riding Club, c/o Grange Farm Equestrian Centre, Wittering Grange, Wansford, Peterborough, PE8 6NR. Alternatively put your form in the box located in the office at Grange Farm EC.

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**Riders Name** \_\_\_\_\_

**Riders Contact Number** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Payment enclosed** (£15 members, £20 non-members) **(Cheque/Cash)**  
(payable to Wittering Academy)