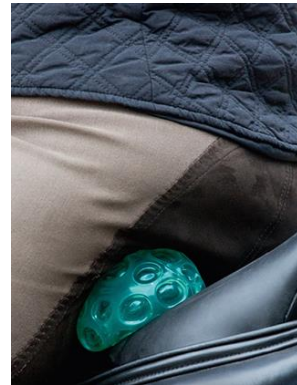


“Achieve your equestrian dreams – one hoof at a time”

Claire Llewelyn ‘Franklin’ Clinic

Sat 5th December 2020

Grange Farm Equestrian Centre, Wittering Grange, Wansford
By kind permission of Robin and Di Dunlop



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 have 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

**45 mins group session (no more than 4 people)
£10 members, £15 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 BY BACS.

Any queries and to book your place, please contact **Emma Windsor on
07718093167 or and email your form overleaf to balconyhouse@aol.com**

Attendance is subject to the COVID-19 restrictions at the time and all participants must adhere to the WARC COVID-19 guidance

Times will be available on 3rd December and will be texted/emailed
to you directly and appear on our website.



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Riders Name

Riders Contact Number

Email Address

Name of anyone attending with you:

Their contact details:

Have you seen and read the WARC COVID-19 guidelines

Signature:

PLEASE DO NOT ATTEND IF YOU ARE FEELING UNWELL

Please for the safety of others:

- Only bring one other person with you (driver/groom/parent or guardian) this person should stay with your vehicle.
- At this time we ask that there are No Spectators.
- Arrive no more than 30 mins before your start time.
- Ensure you park a safe distance from others.
- Leave as soon as possible after your session.
- Do not go onto the Livery Yard area (unless to use the facilities)

Your Personal Information that you supply to us may be used in a number of ways to facilitate your WARC event participation. It should be noted that we are affiliated to the British Horse Society as a British Riding Club. We reserve the right to publish results of competitions on www.witteringacademy.com and in WARC newsletters.

To see our full Privacy Policy, or if you need any further information, please write to us or go to www.witteringacademy.com