

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

Claire Llewelyn ‘Franklin’ Clinic

Sat 31st August 2024

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. 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)
£12 members, £18 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.

Account Number 50647357 Sort Code 20-81-20

Account name Wittering Academy Riding Club Reference: Franklin Clinic

Any queries and to book your place, please email **Angela Lumsdon** angelalumsdon@outlook.com
with your Name, your mobile number and email and once your place is confirmed, you need to then
pay by BACS

Times will be available on 29th August and will be texted/emailed to you directly