

Pilates for Horsemanship

With Claire Waldron and Elizabeth Lee

Claire discovered the benefit of Pilates for riding after a bad fall when she was 21. She severely damaged soft tissue in her neck, was unable to ride and had to leave her Equine Studies Degree Course. Fed up watching daytime T.V., she took up Pilates for strength and flexibility. After six months, she was back in the saddle and had her first riding lesson again. Her advanced teacher could not believe how much her riding had improved!



Since then, Claire has incorporated Pilates principles into all her work with horses, both ground-work and ridden. Essentially this means using your breath consciously to create relaxation in your horse. Then encouraging self-carriage in the horse by moving in self-carriage yourself. And finally, with the addition of reward-based training, creating the lightest of aids (cues), through tiny changes in posture and breath. The result looks like magic.



Claire started to work with Elizabeth about two years ago, attending her Pilates Workshops locally in Spain. Elizabeth also works professionally with top ballet dancers, so quickly appreciated Claire's use of Pilates for horsemanship. They have come together to create a relaxing course, where you too can explore the power of Pilates to improve your horsemanship.

“ We worked on more calmness by learning about the "breath connection". Nina responded well to this, giving some lovely upwards and downwards transitions. ”

Lesley Woodward, The Azores

WHAT DO I NEED TO BRING?

Sun-hat and tough shoes/boots.
Notebook and pen
Water bottle
Sun-tan and Insect Creams
Swim-suit
Towels and Bedding Provided

COURSE DATES & TIMES

Arrive: Sunday 6th, May
From 14.00
Welcome Dinner at 19.00
Course Ends Wednesday, 9th
May at 17.00
Depart: Thursday 10th May by
14.00

ABOUT CLAIRE & ELIZABETH



MORE INFORMATION?

[How do I get there?](#)
[What is the accommodation?](#)
[What are the horses like?](#)
[What is the area like?](#)
[Something else I need to know](#)

CONNECTION TRAINING

HORSE CARE

MIND & BODY

HORSE-HUMAN PSYCHOLOGY

MINI-BREAKS



Positive Horse Training Holidays
in Spain

Daily Programme

The day will start with Elizabeth leading a Pilates class. This will wake up your body and calm your mind before we start working with the horses. The focus will be on working with exercises that we know positively help in creating good posture for horsemanship. Elizabeth will take care to ensure they are adapted for your individual needs.



Then you'll work with a horse of your choice with Claire. Starting on the ground, we'll focus on making a great connection through your body and breath, and responding to your horse's connection to you. As the days progress, you will find yourself working deeper and deeper, as you and your horse develop your relationship. You will be astonished at how little you need to do when you communicate at this level.

Lunch will be in the early afternoon, followed by siesta and lounging by the pool. We then gather together early evening for a shorter Pilates class, with time for you to ask Elizabeth and Claire questions arising from the day.

We round off the day with dinner on the Terrace, chatting into the night in the warm Spanish evening. Bliss!



Will I be able to ride on this Course?

Pilates is a deep, mindful practice. It is slow and deliberate. Therefore, when we start to work with the horses, we will start on the ground. This is where you will establish your connection with your horse.

As you progress, it is likely that you will then take the practice into mounting and then into walking in the school. There is a possibility that you will be able to work at faster gaits and in a larger area. Between you, us and your horse, we'll work together in the best way.

However, while riding is not guaranteed, mindfulness and connection are.



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Claire Waldron

Claire was Connection Training's first Qualified Coach, receiving the award in 2017. She has a lifetime of working with horses.

As part of her Degree Course, she worked for a year at Leahurst's Equine Hospital teaching vet students about general horse handling. She graduated with an HND in Equine Studies.

In 2017 she partnered with Rachel Bedingfield to found Cortijo de Segura to provide positive horse training holidays. As well as teaching there, Claire is in charge of day-to-day management and training our horses.



Elizabeth Lee

Elizabeth qualified to teach Pilates in 2003. She trained with Cherry Baker who developed the Modern Pilates course with the help of Michael King from the Pineapple Studios. Liz's Pilates classes are small intimate affairs that are well attended. She focuses much more on ensuring her students are getting the exercises right than simply going through the motions... which is why she's developed a loyal following.

After practicing yoga for many years she qualified as a Yoga teacher with Zenways Yoga under the guidance of her Zen Yoga Master, Daizan Roshi. She also qualified as a Hatha Yoga teacher with The British Yoga School. Elizabeth is the founder of The Halcyon Yoga Company.

She is a member of Yoga Alliance (200 hours) and the Independent Yoga Network. She has recently studied Yoga Nidra with the Yoga Nidra Network and has qualified as a Total Yoga Nidra Teacher and Facilitator.

She is a qualified Remedial Sports Massage Therapist with a level five diploma from the L.S.S.M. in Regents Park. She is also a member of the I.S.R.M.

As well as running The Halcyon Yoga Company she also works with the dancers at Birmingham Royal Ballet (formerly Sadler's Wells Theatre Ballet), providing remedial and sports massage.



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