

EQUESTRIANS IN MOTION WORKSHOP



IFA SIMMONDS

@IFA.FIT

HOSTED BY:



In this workshop, riders learn:

- The positive effects of core stability
- Best ways to prevent unnecessary injuries
- Simple tips that improve overall performance (Pre & Post Ride)
- The importance of training balance and coordination
- How to communicate more effectively with your horse
- Ways to understand and connect with your body in the saddle
- Why suppleness and strength are important for better posture



WHEN:

AUG 1st 5-7pm

AUG 2nd 8-10am

WHERE:

Brigadoon Farm
6489 John S Mosby Hwy.
Middleburg, VA 20117

CONTACT:

Kim Campbell
Brigadoonfarmva@gmail.com



The Art of Riding: Equestrians In Motion

Harnessing Biomechanics & Fitness for Peak Performance

Join equestrian performance coach Ifa Simmonds for a 90–120 minute unmounted clinic designed to elevate your riding through movement, mindfulness, and practical application. This hands-on experience blends biomechanics, rider fitness, and real-world strategies to help you ride longer, stronger, and more in sync with your horse.

What to Expect:

30 min – *Rider Readiness Warm-Up*: Improve mobility in the hips, shoulders, and spine using targeted stretches and essential activation drills before you get in the saddle.

30 min – *Foundational Strength & Stability*: Learn how to harness and engage your core, increasing balance, while building functional strength.

30–60 min – *Rider Social Event*: Participate in a guided Q&A and social hour focused on building community, confidence, and clarity in your fitness and riding journey—with optional cocktails or mocktails.

Master the link between fitness and movement, understanding how a well-conditioned body can significantly amplify your riding skills, leading to more efficient communication, reduced risk of injury, and an unparalleled bond with your horse. Everyone's goal is longevity in this sport. This workshop is not only about performing at your best today but ensuring you ride effectively in harmony, and comfort for years to come.

"You cannot learn to ride better simply by riding more. You must correct the rider's ability to move with the horse's natural motion to see real improvement in the performance." — Eckart Meyners

Individual Rider Assessments Available



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