

Coach Training at Heritage Horse Park  
presents:

# Sensational Sitting

With Catherine Hamber

18 Sept 2024

## ON AND OFF HORSE EXERCISES TO DEVELOP YOUR SEAT & CONNECTION

Do you want to improve your harmony with your horse? Would you like to find out how to allow your horse to move more freely? Feldenkrais awareness principles underpin your riding ability and know-how. Be your own detective when you join us for this Sensational Sitting Clinic for riders and vaulters.

The progressive sessions will include floor exercises, so bring a towel, then moving onto your own horse or one of our vaulting horses. [Read More about Catherine](#)

[Photo gallery from our Sensational Sitting workshops.](#)

**in person Wed 10am-2pm**

COST: \$150

**HERITAGE HORSE PARK**

16 PITT ST WINDSOR

Or email: [christine@teamj.com.au](mailto:christine@teamj.com.au)

For More Information



**REGISTER VIA NOMINATE;**

**EVENTS / OTHER**

