



# TSAWWASSEN WELLNESS CENTRE

## Pilates for the Equestrian



Whether you are riding for the sheer joy of it, or riding to win, there is no better way to improve your riding from the inside out than with Pilates for Equestrians at the Tsawwassen Wellness Centre.

*"Effortlessness: Using as much as necessary but as little as possible."*  
- Joseph Pilates



### BENEFITS OF PILATES FOR THE EQUESTRIAN

- A stronger body with increased flexibility, strength and balance
- A stronger core to help you avoid collapsing, twisting, bouncing, or bobbing your body in the saddle
- A stronger core to absorb the movement of the horse
- A stronger and more flexible back
- Better posture to help you deepen your seat
- Improved body awareness
- Better health and comfort during and after your ride.



### THIS LEADS TO:

- A horse who trusts your communication
- A horse who can respond to your commands
- A horse confident with your riding ability
- A horse who has fun
- **A GREAT RIDE!**



We are not here to teach you how to ride, but to help you gain a better understanding of your deep postural muscles and how improving these muscles is vital for riding. Once you understand how these muscles work off the horse, you will be better equipped to focus on the effective use of your new abilities while riding.

**Move in tandem and grace with your horse.**

**PRIVATE AND GROUP INSTRUCTION AVAILABLE.**

**CALL 604.943.8823.**

**5514—12th Ave, Tsawwassen, BC  
604.943.8823 ● [www.twconline.ca](http://www.twconline.ca)**