

Essex Riding Clubs Liaison Committee

Subsidised Arena Clinic

Amy Robbins Performance Coach (BHSI) –

Sunday 12th April 2026 – Radley Green from 3:30pm

Monday 4th May 2026 – Radley Green from 10:00am

Join Amy Robbins, a highly experienced BHS Stage 5 Senior Eventing Coach with an MSc in Equine Behaviour, Performance and Training, for a dynamic clinic focused on improving both rider and horse performance through biomechanics.

Amy is renowned for her sympathetic, confidence-building coaching style, with a strong emphasis on rider symmetry, influence, and horse-rider harmony. This clinic integrates innovative tools and techniques to enhance awareness, posture, and core activation.

◆ **Franklin Balls** for Rider Awareness

Used under the seat, thighs, or arms, Franklin Balls help riders:

- Increase proprioception and body awareness
- Release tension and activate key muscle groups
- Improve balance, alignment, and effectiveness in the saddle

Equibands for Horse Core Activation

Equibands are latex-free resistance bands attached to a saddle pad, designed to:

- Stimulate core muscles (abdominal, back, and hindquarters)
 - Improve posture, balance, and coordination
 - Support rehabilitation and conditioning

Ideal for horses:

- Recovering from injury or surgery
- Needing improved engagement and symmetry
- Benefiting from enhanced proprioception and muscle development

****Clinic Prices**** (inc arena hire)

1. Private Equi Bands / Franklin Balls
2. Private SJ
3. Private Flat
4. Shared Equi Bands / Franklin Balls

Private £35 non-member £50 (40 mins)

Shared £25 non-member £40 (40 mins for 2 or 60 mins for 3)

Bookings will only be accepted with full payment on our online system

<https://www.myridinglife.com/RemoteLocationEventList.aspx?SecretaryID=651593>

Information

- ✓ Sessions start at 09:00
- ✓ **Times will be emailed the Friday before Clinic**
- ✓ **Please note** in the event the Clinic is oversubscribed only one space per member will be allocated, second entries will be accepted for a wait list.
- ✓ If you need to withdraw, please do so as soon as possible as a wait list will be held if over subscribed

**ERCLC ACCEPTS NO RESPONSIBILITY
FOR ANY DAMAGE TO HORSES, PEOPLE OR THEIR PROPERTY.**

NOTE

Places will only be reserved once an online booking is made.

Refunds only if the place is filled.