

CLARITY OF THE AIDS WORKSHOP

with *Linda Landers* and *Jenn Buck*

Accessing the Aids with Linda Landers
Seat Connection Exercises with Jennifer Buck

- How do you find your core stability in the saddle?
- How do you develop a harmonious seat?
- Want to find your seat to hand connection?

Jennifer Buck's functional exercises help develop a body awareness to engage your aids in harmony with the horse. Participants will explore exercises in chairs and with auxiliary aids while watching demonstrators on barrels and horses.

OCTOBER 22nd
2pm-5pm

*Free to KCDS Members or
\$20.00 per Attendee*

Refreshments by KCDS
RSVP by Oct 16th, 2022
(913) 568-4351
LANDERSFRM@AOL.COM



*"I learned how important hip flexors are!
The leg over the saddle really opened up my hips and I didn't realize they were so tight before." - Jessica Schwartz*

UPCOMING EVENTS:

NOV 11/12th, 2022 - Seat Connection Clinic
With your horse at Landers Farm
JAN/FEB 2023 - New Test Review
Dates and locations TBD
MARCH 2023 - Ride a Test at Landers
Date TBD
APRIL 2023 - KCDS Spring Show

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FARMS**

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Landers Farm
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