

## SUNDAY CLUB @ LODDON EQUESTRIAN

Dear Equestrians!

I am getting in touch to let you know that I am starting a Sunday Club at my private yard at Loddon Mill, Loddon. Norfolk NR14 6NA.

Every 1st Sunday in the month you can come along with your horse and have a private 45 mins lesson with me. I will also have a special guest therapist available each month giving a demo about their particular subject. Refreshments will be available and we have a comfortable club room where you can relax and 'catch up' with colleagues or meet new friends who share the same interests where you can swop ideas and exchange knowledge.

I attach a little bit of info about my psychology for those who do not know me. I trained through the BHS System and am a qualified BHS Instructor but I have also trained with Biomechanics 'Guru' Mary Wanless who founded RWYM™ (RIDE WITH YOUR MIND) and am one of her accredited coaches. It is Mary Wanless who revolutionized my coaching and riding. I am also an NLP Practitioner (Neuro-Linguistic Programming). The main teachers who have inspired and helped me are Rossie Theobald (BHSI reg'd and chief examiner for the BHS - Newton Hall Equitation Centre), Mary Wanless BHSI (Biomechanics), John Lassetter FABRS, BHSI (Dressage) Sue Barber (in Classical Equitation and Working Equitation), Tamsin Conyers BSJA Coach (Show Jumping), Robert Pickles (FBHS) and Dr Andrew Mclean (Equitation Science).

My aim for the Sunday Club is to bring people together to learn and get inspired in a relaxing atmosphere - to get new thoughts, opinions and to 'look outside the box'.

*" if you keep doing what you have always done , you will keep getting what you have always got !"*

We are a small private yard and you MUST BOOK as spaces are limited. Spectators are welcome - booking would be helpful. The first lesson starts at 10am and they will be at 45 mins intervals until 1pm. Lunch will be at 1pm then afternoon session starts at 2pm - 4.15pm (3.45pm Dec - March). There is a fabulous tea room next to Loddon Mill which offers a fantastic range of food at lunchtime.

The dates for the Sunday club in 2010 are:

Sunday October 3rd

Sunday November 7th

Sunday December 5th

**The Practitioner of the Month for October 3rd will be SHASTRA RAVEN Bsc (Hons), M.A.M.H; R.C.S.T; M.G.N.I; CBW.**

Shastra is an Iridologist, Master Herbalist, Cranio-Sacral Therapist, Canine Massage Therapist. She offers therapies for Humans, Horses and Dogs.

For more information about Shastra's work please go to: [www.ravenherbals.co.uk](http://www.ravenherbals.co.uk)

**The cost:**

£50 for riders - this includes 1 x 45 mins lesson + talk/demo by 'Therapist or Practitioner of the Month' + refreshments

£10 for spectators - this includes watching the lessons, talk/demo by 'Therapist or Practitioner of the Month' + refreshments

Apart from the talk/demo at The Sunday Club if you wanted to book a private appointment with Shastra (approx 45 mins) then I can book a time for you on October 3rd. (£35 per session)

**The opportunity to ask questions in an informal and friendly atmosphere is important - *you can ask that question ....***

**WEEKEND 'Sunday Club' PACKAGE**

If you wanted to come for the weekend then I am also offering a weekend package.

The Weekend package includes: 2 x 45 mins lesson with me - ie. 1 x 45 mins on Saturday and 1 x 45 mins on Sunday + DIY livery. The cost is: £ 100.00

We can offer B/B at £ 60 per room (for a double), £45 for single OR Family room - 1 double bed and 1 single at £80

or we can arrange local B/B for you.

Camping in your horse box or in the field is: £10 per pitch

Our B/B at Loddon Mill includes a full English breakfast on Sunday morning. We can offer Saturday evening dinner on request (with notice). Price for dinner is available at time of booking - we have a fantastic professional chef who will cook from a selection of favourite dishes .

## **TUESDAY CLINICS AT PINE LODGE SCHOOL OF CLASSICAL EQUITATION**

I am running Clinics at Sue Barber's exclusive yard - The Pine Lodge School of Classical Equitation - every Tuesday. The clinic will run from 12 noon - 2pm. Cost is £60.00 which includes a lesson with me and time to practise, ask questions and observe others.

If you wish to hire one of Sue's wonderful highly schooled Lusitano horses then there is an extra cost. If you are already a Member of Pine Lodge School of Classical Equitation then there is no extra hire cost.

Refreshments are included in the price.

## **EASTON COLLEGE**

I am delighted to announce that I am now a part-time staff coach at Easton College. I will be running Biomechanics and body- awareness courses at Easton College using their Racewood Pro Simulator - "The Ultimate Interactive Horse Simulator". This is the most interactive riding simulator in the world.

The courses will be running on Monday evenings from Sept.

Please contact me for more details.

*At Loddon Mill we also provide Riding/Sailing Holidays, Weekend Breaks on the Norfolk Broads, Livery - DIY/ Part/ Schooling/Schooling to sell.*

*I am also available for clinics in your own yard - Please contact me for more details.*

Happy Riding and I look forward to working with you soon.

Katherine Walter

Equestrian Biomechanics Coach and NLP Practitioner

Artist Management & Public Relations

**Home of Loddon Mill Arts** - A Music, Arts and Entertainment Venue in The Norfolk Broads

[www.loddonmillarts.co.uk](http://www.loddonmillarts.co.uk)

[info@loddonmillarts.co.uk](mailto:info@loddonmillarts.co.uk)

**Ticket Hotline: 01508 521800**