

Centaur Biomechanics

Winter Newsletter - 2014

Issue 5 – December 2014

Christmas is Coming...

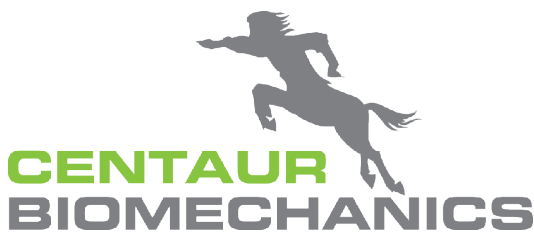
As we draw close to Christmas and the holidays, it gives us time to reflect on what has been an overwhelmingly successful year. 2014 has been so much fun, lots has happened, including our mini world tour where we went to 8 countries in 7 months, the launch of project Neptune – our new Visualise Training reins- along with the ongoing development of our research projects- of which 2 will be published early 2015- and the continually growing network of clients across our rider biomechanics sessions, trade shows, gait analysis and of course our courses, conference and camp have been hugely popular. It has been fabulous and of course I must thank my amazing team and clients who make all of it possible. As we draw closer to Christmas the Centaur office will be closed from 19th December to 5th January where we will be powering down – no doubt working on a few new ideas...and more importantly spending time with friend's and loved ones. We wish you all a fabulous Christmas and New Year and can't wait for 2015.

Keep up to date with news, courses, products and events on our new and improved website.

www.centaurbiomechanics.co.uk

www.visualisesportswear.com

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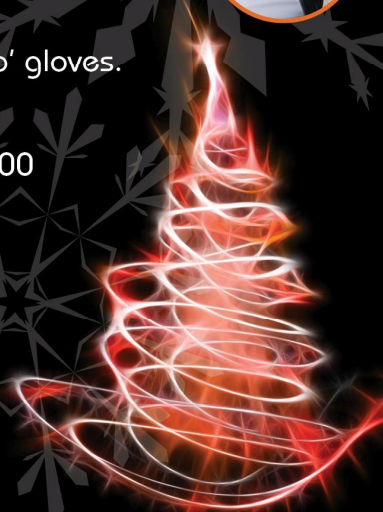


Unique Christmas gifts with long lasting benefits

Simple Training Aids Designed to Help Improve Your Riding



- Winter and Summer Training Jackets available as well as 'thumbs on top' gloves. Jacket prices start from £57.00. Training gloves £20.00
- Unique Visualise Constant Contact Training Reins. Prices start from £60.00
- Centaur Rider Analysis. £60.00
- Gift Vouchers. £5, £10 and £20

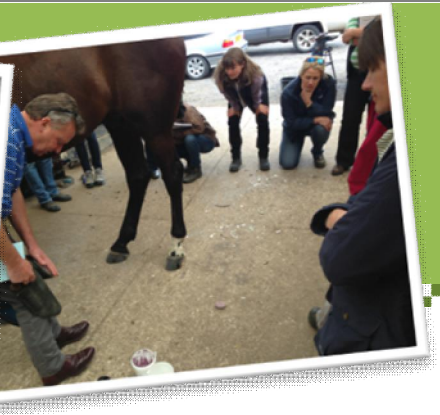


All available online at www.visualisesportswear.com and www.centaurbioelectronics.co.uk
T: 07788 978627 E: info@centaurbiomechanics.co.uk

Christmas All Wrapped Up

At Centaur Biomechanics we have unique Christmas gift ideas, which would suit riders and trainers of all levels - gifts that will provide long lasting benefits. We have a range of products as listed above which can be ordered online at www.centaurbioelectronics.co.uk or alternatively you could call 07788 978627





2015 Course Programme

Delighted that every course scored over 9.60/10



We have had a fabulously busy year with courses, camp and our annual rider conference. We are honoured and delighted that every course has scored over 9.6/10. With every course we ask attendees to complete feedback forms. These are invaluable, as each year we go through the forms and populate all of the comments. It is important for us to deliver the best courses which offer both a high level of education but more importantly within a relaxed and sharing environment. Our 2015 course

programme has been finalised and we are delighted to say that we have been asked by the Society of Master Saddlers to run 3 courses for them. As well as this ACPAT have commissioned a second course. We will also be running our one-day courses and popular 3 day courses throughout the year. Most of these will take place at Warwickshire College and will continue to combine both theory and practical sessions. These are all supported by high speed video footage

taken from key events such as London Olympics, World Equestrian Games, Badminton Horse Trials, Burghley Horse Trials and HOYS. Please keep an eye on the website for further information on dates and course content. We will also be expanding the Centaur Dressage Camp with the addition of 2 new camps, spring and winter with a view to running a combined training camp later in the year.

**** Save the Date.....****

Improve your Riding & Confidence
Conference V3
27th/28th June 2015



Rider Conference 2015

Improve your Riding and Confidence
Conference V3

27th and 28th June 2015

Moulton College, Northampton, UK



We are delighted to announce details of next year's "Improve your Riding & Confidence Conference V3". After the success of this year's conference the pressure has been on to deliver an even better line up and I am confident we have achieved this. Next year's conference is set to be even bigger and better and yet completely different to this year's. We wanted to maintain the fun, relaxed environment, which our conferences seems to create, yet offering some of the best educational advice available from internationally renowned speakers and trainers.

The "Improve your Riding & Confidence Conference V3" will be taking a different slant from this year, where we looked at dressage, and dressage training. Next year we will be looking at the all round rider – something for everyone. Below is a list of speakers along with key

topics to be covered.

Lisa Ashton – Lisa will be speaking about equine behaviour and classical versus modern training methods. Lisa, founder of Equi Science, will be presenting the latest research in equine behaviour and its relationship within training and riders.

Julia Scott Douglas – As requested from this year's feedback, Julia will be speaking about rider nutrition and provide an interactive talk discussing what riders are eating and drinking.

Lindsey Wilcox Reid – founder of Equi-Pilates, Pilates for riders will be demonstrating exercises you can do to help improve your core and position.

Yogi Breisner – We are delighted to have Yogi Breisner for the afternoon to firstly speak about "Behind the scenes, preparing for the Olympics" plus showcase 3 training sessions where he will work with novice horses and riders and demonstrate a series of exercises to help improve balance

and confidence of both. Following on from this will be two further sessions culminating in the end goal of producing a well-balanced horse and rider ready for competition. Yogi, team manager for GBR Event team, is a fabulous presenter and comes with vast array of exercises, which everyone will be able to implement in some way.

Adeline Cornelissen Fitness and Psychology Coaches - By popular demand, the amazing team, Adeline Cornelissen fitness and Psychology coaches will be with us for 3 sessions. Different from last year these guys will bring new information and exercises plus

Helen Mathie - As requested from this year's feedback, Helen will be returning, this time looking at the horse, in particular the crooked horse and discussing what causes what – is it the rider or do horses arrive crooked?

Russell will also be doing a practical demonstration of rider biomechanics supported by Mark Fisher who will be doing a practical look at saddle design and seat shape plus showcasing our research techniques featuring Pliance, Rein Gauges and motion analysis.

Dr Amanda Owens - For the afternoon we will have our traditional psychology session, this time with a former top 100 tennis player who is now a leading sports psychologist. Featuring in several documentaries and supporting athletes at the highest level, Dr Owens will bring a wealth of information which riders will be able to use and apply to help improve their confidence and lower anxiety in order to improve their riding and results.

I have attached the timetable of events where you will be able to see which ones are lectures and which ones are practicals. Similar to this year we have chosen to balance the two days with theory and practical. For the ridden demonstrations we will be using a variety of horses from riding club through to advanced to showcase a wide range of areas on which to focus.

We hope that you will be able to join us on 27th and 28th June 2015 for what we believe is set to be educational, inspirational and motivational two days. Early bird tickets are now available online until February 28th



Vouchers Available Online
www.centaurbiomechanics.co.uk





Mounting News

We are delighted and honored that footage taken from one of our research projects in 2009, where we were looking at the pressure exerted on the horses back when mounting from the ground versus a mounting block, has been viewed on our Your Tube Channel, over 275,000 times.

This is such fantastic news as our passion is to educate the industry in an attempt to help improve welfare and performance of the horse. Mounting from the ground is something we all must be able to do if needed. However, it is something that does not need to be done daily. Riders should use a high mounting block where possible to help maintain horses' back health.



If you have not seen the footage yet, please go to our You Tube Channel, Centaur Biomechanics and look for the video "mounting from the ground". Please share with your friends and help educate everyone. The supporting article can be found on our website, www.centaurbiomechanics.co.uk then click on press.

Project Mango

We are delighted that at Your Horse Live we unveiled Project Mango, our full size, equine skeleton. Mango is fully interactive and allows students to look at the equine skeleton in greater detail. The bones can be removed, rotated and looked at from all angles. This gives individuals a much greater appreciation and a totally unique experience when looking at the equine skeleton.

She went down a storm at YHL 2015 so much so that she has featured in Your Horse Magazine and has already had 3 bookings for next year. We are so proud of her that I think she will require her own fan page.....



**** Save a Date ****

Centaur Dressage Camp

28th and 29th March 2015



Looking Ahead to 2015....

We have lots of exciting things planned for 2015 – we have our new UK Tour planned, “An Evening with Centaur Biomechanics” lecture demo which will be travelling to all corners of the UK, Scotland and Ireland. We have a busy course programme with the addition of two new dressage camp dates plus our rider conference, which is set to be a ball. As well as this we will be at Badminton Horse Trials unveiling our new Visualise designs for 2015 and we will hopefully be going to print with two papers from current research projects and much, much more.... It’s going to be fun....Until then, on behalf of the Centaur team, I would like to wish you a fabulous Christmas and most prosperous New Year.

