



What is Biomechanics?

Biomechanics is the mechanics of how the body moves. Be it human, horse or other animal, we all move in a mechanical way which can be tested, trained and improved.

In RIDER Biomechanics we don't just look at movement, we look at WHY things happen. It's not just "look up and get your heels down", but WHY did your heels come up in the first place? It looks at your spine and anatomy to make sure you're sitting in a strong, safe position.

We can improve performance, help you get the competitive edge, help the beginner sit in a stronger safer position, and help prevent injury, and rehabilitate the injuries you already have – to help you to ride long hours without pain.



Who is Colleen Kelly?

Biomechanics Lecturer Colleen Kelly, EFA – NJAS Official Judge (Retired), started her career in exercise physiology, working in rehabilitation gymnasiums, and now, some 30 years later, is one of most sought-after speakers around the world. After receiving an unheard of [100% in the Official Judge's Dressage Examination](#) and being awarded the position of Spokeswoman for the [WorkCover Authority of NSW](#), Colleen started to become officially recognized for her unique and original work by being asked by Official Federations around the world to speak on the elite lecture circuit at world-class conferences such as the massive [Equine Affaire](#), in Massachusetts, Ohio and California, [Equine Extravaganza](#) and [EquineXpo](#) in Western Australia, [Equicon](#), the [National Horse Festival](#), and many times presenting both biomechanics and vaulting at [Equitana](#).

Colleen has given lectures & presentations at the world's largest University Programs including:

- ▶ [University of Kentucky](#)
- ▶ [Averett University](#)
- ▶ [University of Queensland](#)
- ▶ [Queensland Horse Council](#)



Balance isn't a gift – it can be taught! Colleen Kelly has taken some of the world's best balance exercises from her background in exercise physiology and working in rehab gyms (and sadly her own [personal experience](#) learning to walk again), and now uses those same principals and exercises to improve the rider. Combined with accelerated learning techniques no matter what the level of rider, or the horse sport, every rider can improve their balance and co-ordination.

With Colleen's experience teaching Olympic and Paralympic athletes and World Champions, we can work on lighter and more controlled and effective aids for higher movements. The world's highest level riders work on their seat, balance & position all the time. Here's how you can work with the world expert to get the competitive edge.

Colleen Kelly is returning to South Africa once again to help you become the rider you want to be, and have the relationship with your horse that you've always dreamed of. For more info on Colleen Kelly visit www.colleenkellyriderbiomechanics.com

She will be in the Gauteng Province visiting the following venues at the given dates:

➤ **Dunblane Equestrian Estate – 7-9 March 2014**

Cnr 9th & Shamrock rd, Bredell, Johannesburg East
Contact: Hannacke Smith (as above)

➤ **Southern Riding Centre – 14-20 March 2014**

Plot 81, Eisenhower street, Tedderfield, Johannesburg South
Contact: Hannacke Smith

hannacke@dynamic equilibrium.co.za

Cell: 076 421 1845

➤ **El-Shadai Equestrian Centre – 21-23 March 2014**

Contact: Kristen FitzPatrick

kristenfitzp@gmail.com