



### Half day lesson

We will start our lesson at 9 AM. Your horse will be waiting for you at the stable where you will learn how to groom and clean your horse and why is it important. You will saddle up your horse and lead it to the arena where you will learn a few exercises to do with your horse from the ground and mount with control and safely.

Once you are up on your horse we will spend some time walking, stopping and steering. You will make some exercises on your horse that will teach you how your body has to be positioned so you are balanced. You will work on turns and reverses.

You will trot in the arena and feel your horse's pace, if you feel safe and natural we will do some more trotting exercises.

To finish our lesson we will ride among the artichoke, broccoli and potatoe plantations around the farm. By the time we are finished, at around 12 PM you will be able to treat your horse with some sugar blocks and enjoy a fresh artichoke dip.

### Three day lesson

This short course will teach you the basics in horseback riding plus the opportunity to experience trotting, cantering and enjoy some trail riding. You will be able to treat your horse some sugar blocks and enjoy fresh artichoke and broccoli dips.



Day 1: 10 AM - 12:30 PM

Grooming, saddling up, mounting, walking, steering, stopping, turns and reverses, dismount, unsaddle

Day 2: 10 AM-12:30 PM

Grooming, saddling up, mounting, walking, steering, stopping, turns and reverses, cavalettis, trotting, short trail ride, dismount, unsaddle.

Day 3: 9 AM- 12:30 PM

Grooming, saddling up, mounting, warm up exercises at the walk and trot, canter in arena, 1 hour trail ride around the farm and its surroundings.