

ACROBATIC RIDING

AT THE EQUISOLEIL EQUESTRIAN CENTRE

1673 Chemin de la Vieille Digue – 05400 Veynes



Children aged **5 and over**

From **9am to 12pm**

Up to 8 children

Every **Thursday** during the summer :

2, 9, 16, 23 et 30 July,

6, 13, 20 et 27 August

Price : €32

BOOKINGS MUST BE MADE (by phone or text message) AT

06.81.00.93.21

Description: Vaulting is an equestrian discipline that helps participants build confidence and awareness of their bodies and balance whilst sharing a moment of connection with the horse and the lunges. Whether on their own or in a group, children (aged 5 and over) will enjoy the freedom to express themselves through the horse's gaits.

Programme: Grooming the horse, putting on equipment, warm-up exercises, up to three sessions per child (1st : introduction to movements, 2nd : consolidation and creation of new movements + body parts (horse and human), 3rd : in pairs), taking off equipment, grooming the horse.