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**Ovenstone Equine, Anstruther Fife KY10 2RR**

**Saturday 28th March 2020**

Pre-season Training Day

Book your place on this pre season training day to be held at Ovenstone Equine using grass dressage and show jumping arenas and the cross country training course.

Choose from a combination of: semi-private flat work sessions with Shelagh Steven BHSII SM, UKCC 3 where you can bring a test of your choice to run through; show jumping at height of your choice with Viv Wilson BHSII and cross country with Bertie Dixon BHSII. The cross country course has jumps from 60cm to 1m+ with a water complex, bank and drop options, variety of jump types including skinnies and ditch.

Sessions will be timed to allow horses time to have a break between phases.

Flat & SJ £50 : Flat & XC £60 : 3 Phases £70

Lunch time session with Tia Blowman of Riders Core Training whose programs are a mixture of improving the riders core strength, mobility and postural changes.

Your BHS in Fife

All three phases will be held on grass giving an ideal opportunity to have a practice run before your first event of the season or build confidence for the season ahead.

All levels catered for. Current standard skull caps and body protector required for xc.

For further information, please contact : Viv Wilson on 07711369803

Limited day/over night stabling available

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

