

The Rider's Body: A Physiotherapy Approach to Biomechanics in the Saddle

With Keira Forsyth, B Diamond Physio | Ride Right Clinics

Lecture & Q&A – Tuesday, June 10

6:30 – 7:30PM | Racetrack Hall, MRAS Grounds

Join equestrian physiotherapist Keira Forsyth for an engaging and practical session on the human side of riding biomechanics. Keira combines over a decade of experience as a clinician, lecturer, and lifelong rider to help equestrians understand the imbalances in their own bodies — and how they show up in the saddle.

This evening lecture and Q&A is open to riders, coaches, and equine enthusiasts looking to better understand their role in the horse-and-rider partnership. Attendees are encouraged to bring a yoga mat if they'd like to participate in movement demonstrations.

Registration Required: Email mras.equine@gmail.com

Admission: Minimum \$10 donation, payment accepted at the door, pre-registration appreciated.

All proceeds will support MRAS Youth Programs (High Country Pony Club & Millarville Mutts & Mustangs)

Keira is donating her time for this event — as a former 4-Her herself, she's passionate about giving back to the grassroots programs that shaped her path.

Ride Right Clinic – Saturday, July 12

Rodeo Infield Arena, MRAS Grounds (Indoor arena if weather requires)

This small-group mounted clinic focuses on optimizing rider performance through in-saddle assessment and correction. It's designed for riders of all levels and disciplines who want to improve their balance, symmetry, and effectiveness in the tack.

Clinic Includes:

- 1.5 hours of group physio-led riding evaluation
- Individual feedback and movement corrections
- Maximum 6 riders per group
- Mounted, on your own horse
- Includes \$75 HAS Physiotherapy Receipt, the clinician fee, for registered riders

Cost: MRAS Current Riding Members \$125.00, priority until Sunday, May 25th
Non-Members \$140.00

All pricing includes GST

Email mras.equine@gmail.com to register

Payment details will be shared after registration confirmation

Receipts for physiotherapy will be emailed directly by the clinician following MRAS admin processing.

RIDE RIGHT

PHYSIO CLINIC

WITH KEIRA FORSYTH PT

YOUR CHANCE TO RIDE WITH A SPECIALIZED EQUESTRIAN PHYSIOTHERAPIST
CLINIC FOCUS ON RIDER BIOMECHANICS, BALANCE, SYMMETRY, STRENGTH & MOBILITY

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NOW

*ABILITY TO SUBMIT TO
EXTENDED HEALTH CARE

RIDING EVALUATION
OFF HORSE ASSESSMENT
IN SADDLE ADJUSTMENTS &
ACTIVATION
RIDING BANDS
PERSONALIZED TAKE HOME
EXERCISES



B
PHYSIO
PREVIOUSLY OF EQUUS PHYSIO

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