



**ATTENTION ALL EA MEMBERS, COACHES &
EQUESTRIAN COMMUNITY!!!!**

YOU ARE INVITED TO ATTEND

AN EVENING WITH

***Exercise Physiologist, Rider Biomechanics
and Athlete Development Specialist***

Natasha Gunston (Qld)

DATE: MONDAY 24TH APRIL 2023

TIME: 1930 (7:30PM) – 2130 (9:30pm)

VENUE: CROMWELL PARK EQUESTRIAN CENTRE

234 Onkaparinga Valley Road, Hahndorf, SA, 5245

COST: \$40.00 (inc. GST) BRING CASH ON THE DAY

coaching@equestriansa.com.au

BYO FOOD & DRINK (tea, coffee provided)

*There will be a **Compulsory Coaching Update** for all EA Coaches prior to the commencement of the Natasha Gunston presentation. General entry will be from 1920 (720pm) for a 1930 (7:30pm) start.*





Natasha Gunston – The Eventing Physiologist

Being an Accredited Exercise Physiologist, I have spent many years working in allied health clinics with a variety of clients with injuries and chronic medical conditions, as well as differently abled people to improve their overall health, function and wellbeing through the use of personalised, safe and effective exercise interventions.

I have combined my love and knowledge of the human body, biomechanics and equestrian to specialise in rider specific fitness and rider biomechanics and its interaction to produce better performance and communication between horse and rider. I work with riders of many ages from young to mature riders, from many disciplines and levels, including and not limited to dressage, eventing, show jumping, working equitation, western and trail riding, recreational riders to elite athletes.

I love to work alongside your coach/instructor, allied health professional, equine bio-mechanist and body worker, saddle fitter etc and believe in a team approach working with one another with their specialist fields of knowledge to better the outcomes.

