



Bring Riding Simulator Training to Your Club.

Discover A New Way For Riders to Develop Their Skills in the Saddle.

Created and taught by Rider and Physiotherapist Lissanthea Taylor.

Upgrading the Horse and Rider Partnership

Most riders train their horse's movement skills more than their own. They ride exercises and school movements that help the horse get balanced and strong, but **forget that they need the same practice** too.

Many riders do pilates and gym exercise for fitness, but there's still a gap in **training the specific skills** and movements needed to **help the horse** perform well.



Rider **balance, symmetry and alignment** are often the biggest barriers to progress — and a major source of **conflict and misunderstanding** for the horse.

Horses are incredible at adapting to their rider, even when the **rider isn't aware of the signals they're giving.**

Small imbalances, stiffness, or instability create **Invisible Interference** - the silent "noise" that horses compensate for, brace against, or misinterpret as communication.



When **riders learn to feel** and control their own body, their horse can finally understand what's being asked. **That's when the partnership starts to move forward together.**



You can **kick-start this process** using a rider-powered simulator and practical, accessible learning about how the human body works in the saddle.

What's Included



This is **practical skills training** that blends human physiotherapy, rider biomechanics, and equestrian performance.

Riders use "Sven", a **sensor-equipped mechanical horse** simulator, to see and feel their alignment, balance, and symmetry in real time.

Sven is not electronic, but rider-powered, which creates a **unique learning experience for the rider's body and brain** that they can transfer to their horse after the workshop.

Each session includes:

- **Objective assessment** of rider symmetry and balance using in-built sensor technology
- Guided **awareness and movement training**
- Simple **home practices** and access to follow-up video exercises
- **Practical translation** of anatomy and movement into riding feel
- **Bring your own saddle** for comfortable fit

This workshop is **accessible to different kinds of learners**, and designed to **complement regular coaching** and riding lessons.



What Riders Learn

By the end of the session, riders will:

- Understand how their body affects the horse's movement and balance
- Feel and correct their own asymmetries and timing errors
- Develop better stability, suppleness, and alignment
- Create body awareness that translates directly into improved horse performance
- Learn how they can practice off-horse to support their learning in lessons and performance in competitions.



Club Booking Options & Time Commitments

A minimum three-hour booking applies for all club-day events, which can be delivered in the following formats:

Format	Duration	Numbers	Description	Best Fit For...
Small Group Simulator Class	1 hour per group. Minimum 3 groups per booking.	Up to 5 riders per group	Focused small-group sessions using the simulator, perfect for riders wanting direct feedback and quick learning cycles.	Riders at similar levels who benefit from observing and learning alongside others working on the same skills.
Individual Simulator Sessions	20 minute individual rider sessions. Minimum 9 riders for 3 hour booking	1 rider per session	Personalised assessment and feedback with specific take-home focus areas and video support. Simple to integrate into existing rally timetables and can be scheduled over a lunch break.	Riders who prefer personalised sessions focused on their body, skills, and practising the gaits or movements they find most challenging.

Longer bookings can combine formats to suit your rally schedule - for example, a morning workshop plus afternoon individual sessions.

Instructors are welcome and encouraged to attend. When coaches share the learning experience, riders progress faster and skills smoothly transfer into on-horse lessons.

Pricing

Transparent pricing ensures **clubs can plan confidently** to provide a simulator experience as a learning experience for their members.

3-hour minimum booking: \$120/ hour

- Additional hours: \$100/hr
- Travel fee: considered on individual basis, travel to regional areas and interstate possible.

Pricing for clubs is adjusted for accessibility for all riders, and to account for the opportunity to meet club members and coaches. Opportunities to post and share on social media and newsletters is always appreciated.



Recommendations

“Lissanthea is a clear, confident presenter who brings the science of the human body to life in a way that truly resonates with riders and coaches alike. Her session at the 2025 Equestrian NSW Coach Development Day was interactive, engaging, and packed with practical insight.”

— **Kristen Closson, FEI Dressage Rider, Instructor & Judge**



“We had the pleasure of having Lissanthea and Sven along to our club rally in July. In small groups, and using a variety of tools, Lissanthea coached our members on seat, position, balance and core engagement, finishing with a ridden session on Sven, where riders were able to use their own saddle to walk, trot and canter on the simulator, and identify and correct any problems, asking lots of questions along the way. Our riders really enjoyed their session, and we can't wait to have Lissanthea and Sven back again soon!”

— **Alla Keogh, Dewhurst ARC**

“Lissanthea and Sven brought a different angle to learning at our recent Pony Club camp. From our youngest riders up to seniors, everyone was able to learn something that they could practice in their on-horse lessons. Lissanthea was able to help different kinds of learners engage with the activities and our parents also snuck in rides on Sven over lunchtime.”

— **Claire Condron, Hurstbridge Horse and Pony Club**



“I’m a professional rider and trainer, with a background in physical education and pilates, and there’s still many things that I learn about my body on the simulator that I cannot feel and really perfect anywhere else. For the 1% improvements needed at the top levels, simulator training is a game changer for riders who want to truly bring out the best in their horses”

— **Michelle Baker, FEI Dressage Rider, Professional Trainer and Coach**



**BETTER RIDER
PROJECT**

Practical Details

Location: Indoor or undercover space preferred for simulator workshops, a **hard floor is essential** for safe simulator use (foam floor mat supplied to protect floor surfaces).

Equipment provided: Simulator, floor mats for exercises, and various small pieces of exercise equipment for practice and awareness. Depending on workshop format, workbooks may also be provided.

Age Groups: Workshop experiences have proven to be adaptable from the youngest pony club riders through to experienced veteran riders.

Suitable for: All levels and disciplines have enjoyed these workshops, including dressage, eventing, showjumping, western and “pleasure” riders who are conscious of safe and balanced riding skills, and horse performance and welfare.



About Lissanthea Taylor

Lissanthea Taylor is an Australian physiotherapist with **over 20 years of clinical experience** in sports and musculoskeletal physiotherapy, chronic pain, and complex movement conditions.

Originally interested in equine veterinary science, she now works with the **human athletes on top of the horse.**

After **returning to riding as an adult following a 20-year break**, she experienced many of the physical challenges common among riders, including stiffness, asymmetry, and long-standing compensations.

Drawing on both clinical practice and lived riding experience, Lissanthea identified a **gap in equestrian education:** riders are rarely taught how their own biomechanics and movement patterns influence the horse.

Today, she works at the **intersection of physiotherapy and rider education**, helping riders develop body awareness and movement skills to support **clearer communication** and **more effective horse-rider partnerships.**



Book Your Club Day Simulator Sessions

To request a date or tailored outline for your club, please contact Lissanthea:

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