

Ginger Long is a Dressage and Combined Training; horse trainer, riding instructor, coach and movement specialist.

She is certified by the esteemed, British Horse Society, at Wellington Riding in Basingstoke, England. Ginger teaches balanced seat lessons and horse behavioral principles by

instructing in a whole horse, multi-disciplinary approach.

Ginger's specialization is in rehab conditioning and movement for optimal performance and longevity ~ "In Pursuit of Harmony"

Ginger can teach you on one of her horses or your own, at her farm, Hwy. 86N, off of Hwy. 49N, (near Durham, Hillsborough, Chapel Hill) Equetec's assistant trainer, **Ashley Rumple** starts kids on our ponies with instruction on safety, tacking, care for the horse and riding.

Serving you with:

- > One hour **Private Lesson** with Ginger on one of her horses or your own
- One hour Private Lessons with Ashley on one of Ginger's ponies
- Full and part time **Training**, **Conditioning and Rehabilitation**
- Comprehensive Evaluations include horse and rider movement, mechanics, tack and overall training program. The compatibility and goal of horse and rider are evaluated to determine 'weak links' that could be improved on between horse and rider for optimal performance and longevity. An extensive exercise and conditioning plan is developed.
- > Join us for Educational Clinic Days Bring a dish for food and fun
 - 1 Preventive Hoof Care and Comprehensive Evaluations ~ October 14
 - 2 Horsemanship, Trails and Obstacles with group practice ~ November 12
 - 3 Trail rides on Sundays and Cross country jumping Clinic ~ October 28
 - 4 Combined Training Ride-A-Test & Jumping Grid/Coursework ~ Saturdays

Our lesson program for kids includes all aspects of riding: catching, grooming, tacking, and about 30-40 minutes of actual riding time depending on the child's age and ability to focus.

A lifetime rider and competitor,
Ashley Rumple, has a degree
in Psychology, camp counselor
experience, and loves
working with kids of all

ages.

The lesson will be a private ride and lead lesson to learn basic balance and communication skills before being taken off the line. This ensures safety and prevents a false sense of security.

Our horses and ponies are sensitive, safe, and wonderful teachers. They patiently mirror the rider as they grow in skill and confidence.

"Happy horses; mirror, happy, soft, quiet, peaceful humans with clear intention."