

Press Release

Learn how to 'Ride with Your Mind' with Mary Wanless at Your Horse Live

FOR the first time ever Mary Wanless, famed for developing the 'Ride with Your Mind' philosophy, is to appear at Your Horse Live.

Mary's 'Ride With Your Mind' approach has revolutionised the teaching and learning of riding, showing how anyone can organise their mind and body in the same way as those 'naturally talented' riders we all envy!

Held at Stoneleigh Park, Warwickshire, November 13 and 14, Your Horse Live promises to be an action packed two days, with incredible shopping, celebrities and brilliant demonstrations.

Said Mary: "This is the first time I have been a part of the demonstrations at Your Horse Live and I am very excited about the two days.

"We will look at how we can influence the horse by making small but powerful changes to the rider's position."

By increasing each rider's body awareness and using innovative imaging techniques, Mary helps riders understand both what to do and how to do it. Improvements in concentration, body awareness, and core muscle strength create incredible improvements both in the rider's seat, and in the horse's response to the rider's body.

Adds Mary: "Learning through this method does not take talent, it simply takes learning how to notice. As new skills become ingrained, soon enough the rider appears to have talent!"

Mary will also be joining a panel of experts for a live celebrity Q and A session at the show, when visitors will be able to pose their riding questions and dilemmas to the panel.

Book your tickets in advance and save 20%.

Advance bookings hotline closes on Wednesday 10th November 2010 at midday. To book your tickets in advance and save money visit www.yourhorselive.co.uk or call 0844 581 0770 and quote **YHL-TSM**. For bookings of 10 or more, call 0800 358 0058, quote **TSMGRP** and save a further 10%.

ENDS

Notes to Editors

| | Advance Ticket Prices* | Gate Ticket Prices |
|---|-------------------------------|---------------------------|
| Adult - 16+ | £16.00 | £20.00 |
| Child - 5-15 | £8.00 | £9.00 |
| Senior Citizen - 60+ | £13.00 | £15.00 |
| Student | £13.00 | £15.00 |
| Family Ticket (2 adults 16+ & 2 children 5-15) | £44.00 | £48.00 |

**All advance bookings are subject to a £1 transaction fee.*

For further information please contact Tim Smith or Joanna van den Bos at TSM on (01724) 784600.