

A GREAT ANTIDOTE TO A BUSY LIFESTYLE'

Growing up in Twickenham it wasn't easy for horse mad Sarah Houghton to persuade her parents to buy her a pony. However, after realising that this wasn't just a craze, Sarah's father agreed to think about it. A few days later Sarah found a field next to the M3 that cost £5 per week and pony Max arrived! Since then she's owned or shared horses all her life.

Sadly, Sarah's last horse, Conor, whom she had successfully competed in British Eventing and showjumping, died aged 26. "When I lost Conor after 19 years, I wasn't ready for the commitment or expense of owning another horse. Juggling work and family life was difficult enough" says Sarah, a solicitor who works as a legal advisor for an asset management company.

A friend recommended Wimbledon Village Stables and after initially being reluctant to go to a riding school, Sarah found herself hooked! "WVS is not your average riding school, the horses are fantastic and the people are lovely, you always get a warm welcome - and all within a ten minute cycle from home."

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When WVS set up 'Equicise', a breakthrough training concept for horse riders that combines a riding simulator with yoga and pilates sessions, Sarah was keen to try out some classes. "Fitness has always been important to me and I had been keen to do yoga for a while, the Equicise Yoga class was just after my Tuesday ride - perfect timing!"

The Equicise fitness classes are tailored to compliment and improve your horse riding and Sarah has noticed a difference; "I have really toned up and my core is much stronger, great for my riding. The yoga breathing exercises have greatly benefited me too. It has been a good antidote to a very busy life balancing work with two children."

Being a local lady, Sarah also enjoys the social side to the stables and has made lots of likeminded friends through her riding and yoga classes. "I just love my Tuesday mornings, seeing friends,



cantering up the hilly tracks on the common and then challenging myself into looking graceful whilst balancing on one leg in a calming tree pose!"

Like many horse riders, Sarah believes that riding is essential to helping her keep a good balance in her life; "Riding followed by a yoga class really helps to set me up for the rest of the week!"

If you, like Sarah, feel like you need something to bring balance into a busy lifestyle, why not try riding and Equicise fitness classes at WVS? It might just be the antidote you're looking for. ■

For pilates at WVS: amandahallphysio.com

For Yoga: annettewiikyoga.com

THE DETAILS

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