

New Year - New You

Here we are again, another New Year! Many of us do an annual life appraisal, reviewing our aims and desires. We may consider if our work/life balance is as we would wish or if we are spending too much time working and not enough enjoying ourselves. Perhaps we would like to be more physically active. Or we want to spend time outdoors in beautiful countryside and be more at one with nature. We might wish to improve our social life and meet new friends. If any such aspirations apply to you, 2019 could be the year you revolutionise your life. You could add a whole new dimension by starting horse riding at Wimbledon Village Stables.

Situated in the heart of Wimbledon Village, the stables is the oldest in the country. Close to Wimbledon Common and Richmond Park, it has some of the best horse riding in London, with over 1,600 acres of beautiful woodland tracks as well as open parkland; the WVS website shows the wonderful rides and scenery that you could enjoy.



The stables benefits from a team of experienced, professional instructors, along with two arenas on Wimbledon Common where you can have lessons designed to suit your ability.

The stables also offers a state-of-the-art equine simulator. If you are a total beginner, it can enable you to learn to ride in complete safety, allowing you to feel how a horse moves and to understand and learn the various aids you will need, giving you confidence and experience before you even get on a real horse. If you are a more experienced rider, the simulator provides the opportunity to practise and perfect your technique and allows you to ride advanced school movements.

The WVS social diary is always active. Given the mix of Members from all walks of life, you will be able to meet wonderful like-minded people, so by participating in WVS's wide range of events you may join others in making new, lifelong friends. ■

Visit the website at wvstables.com

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