

Lessons can be booked with one of our instructors or with your own. If you wish to bring your own instructor they must meet our approval and undergo a training session on the use of Steady Eddie.

If you are an instructor you may wish to hire Steady Eddie and this can also be arranged. Particularly useful if customers are struggling with a certain aspect or their own horse is off work.

Clients may bring their own saddle if they wish as Steady Eddie can accommodate GP, Dressage or children's saddles.

Steady Eddie has a movement especially suited for therapeutic riding. He can also be ridden bareback!

We can also offer lessons with an accredited biomechanics RWYM coach.

Steady Eddies 'stable' features;

- Mirrors to front and side
- Under floor heating
- Toilets/showers attached
- Tea/coffee making facilities
- Stable size 9 1/2m x 5m—ideal size for groups

PRICES

With Playbarn instructor

£35	1/2hr
£45	1 hr
£75	2 hrs
£100	3 hrs

With own instructor

£15	1/2 hr
£28	1 hr
£54	2hrs
£80	3hrs

(Please note that your own instructor must be approved by us.)

Steady Eddie is booked by time slots so it does not matter if 1 or 10 people turn up for the allocated slot!!

Why not get a group of friends together and have a go.

Tea, coffee and biscuits provided for group bookings.



STEADY EDDIE THE PERFECT NEDDIE!

RIDING SIMULATOR

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IMPROVE YOUR RIDING WITH OUR SIMULATOR

Here at the Playbarn Riding Centre we have the only riding simulator in East Anglia available in a riding centre environment.

Steady Eddie is a fantastic instructional aid suitable for both new and existing riders.

Steady Eddie allows the instructor to correct the riders position whilst at walk, trot or canter! As Steady Eddie never gets tired you can practice again and again until perfection is achieved. Something that just is not practical with a real horse. Various sensors on Steady Eddies sides, neck and head allows riders to practice the aids for both upwards and downwards transitions. Just as with a real horse you have to use the aids correctly to go through the transitions, incorrect use of the leg aids means Steady Eddie will not move through the upward transitions, whilst too much hand movement will bring Steady Eddie back down his paces to walk.

Steady Eddie features:

- Realistic body shape with real horse hair mane and tail
 - Realistic walk, trot and canter
- A lean to the left or right with riders movement
 - Half halt and stop on reins
- Walk, sitting and rising trot and slow and fast canters

ADVANTAGES

- Close proximity to instructor whilst being taught
- Safe controlled environment
- Learn correct posture in minutes
- Perfect rhythmical action all day
- See yourself ride with the mirrors
- All weather training
- Overcome nerves— particularly for the younger rider with canter
- Increase fitness
- Help recovery from injury
- Lateral as well as forward movement
- Good alternative to lunge lessons
- Fun

Steady Eddie can be used for the whole spectrum of riders from someone who has never sat on a horse through to experienced riders. The State of the Art simulator improves riding skills and sheds light on the key issues of riding. It can help the rider organise their body by increasing rider awareness.

Exercises can be used to help build the riders balance, core strength and stability but without the worry of upsetting the horse.

Steady Eddie is one of a kind, he has been specially adapted for The Playbarn Riding Centre

LESSONS

Normal riding clothes should be worn. This includes a riding hat and body protector if usually worn.

NERVOUS / NOVICE RIDERS

This is the safest equine environment you can get. If you are scared of the real thing this is the horse for you. This means that once you then get on a real horse you feel happier and know what to expect as well as having a more secure seat and effective aids.

For example novice riders will be able to master the rising trot much faster than with normal lessons as the whole session can be focused on this.

EXPERIENCED RIDERS

Steady Eddie allows experienced riders to concentrate wholly on their position.

Mirrors allow you see your position from all angles at all paces. The riders body can be realigned and different muscles isolated, building on core strength to help to become an effective rider and not just a passenger.

CHILDREN

Steady Eddie provides a very safe, dry and warm environment for children to learn in.

RIDING AFTER ILLNESS/ FOR FITNESS

Steady Eddie provides a controlled environment to gradually build up fitness after illness or injury. It also provides a calorie counter—very useful as an aid if exercising for weight loss.

Steady Eddie can carry up to 16 stone.