

# A Guide to Using Mirrors in Equestrian Training



MIRRORS FOR TRAINING LTD

We are considered the first choice in the supply & installation of mirrors, and we ship worldwide. – our system is unique to us.

Mirrors for Training Arena Mirrors are manufactured to the highest standard, used & highly recommended by the following Professional Riders, too stay ahead of the competition & to perfect your riding mirrors are an essential training aid.

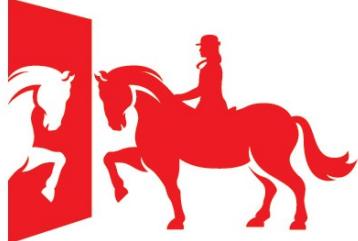
Mary King, Oliver Townend, Richard Waygood, Mark Todd, Sophie Wells, Nikki Crisp, Dan Sherriff  
Cara Hayward, Joseph Murphy, Pippa Funnell  
Michael Ryan, Natasha Baker, Sharon Hunt, Tim Price  
Christopher Burton, Jonty Evans, Austin O'Connor  
Warren Lampard, Sam Griffiths, Jonelle Price  
Rosalind Canter, Emily Lewellyn,  
Paul Tapner, Andrew Nicholson



## The Ultimate Training Aid

[www.mirrorsfortraining.co.uk](http://www.mirrorsfortraining.co.uk)

[info@mirrorsfortraining.co.uk](mailto:info@mirrorsfortraining.co.uk)



MIRRORS FOR TRAINING LTD

*"Invest in your potential"*

# HOW MIRRORS CAN HELP YOUR TRAINING



To keep improving and reaching our riding goals, we all need help in our training. Mirrors for Training is the only choice if you're serious about your sport and the safety of your horse. It's the best full-time trainer you'll find.

Arena mirrors are becoming more and more popular with amateur and professional riders alike, and it's easy to see why. Not only are these training aids affordable and easy to use, but integrating mirrors into your training programme can really deliver results.



Most riders would love to have an instructor with them each time they ride, to help them perfect their position, to feedback on movements and more. Mirrors don't take the place of an instructor as they can't provide you with instruction, but the **visual feedback** delivered through an accurate, clear reflection allows significant improvements to be made, to get the most out of your instruction at the time and when schooling alone.

# ESSENTIAL EQUIPMENT

Visual feedback provides a great way to learn, in fact, 65% of the population are visual learners.



Have you ever videoed yourself (or asked someone to video you) in the arena, to review the footage at home and see that you're not straight in the saddle, that your horse wasn't working correctly or that a movement could have been improved if a couple of adjustments had been made? Assessing in this way can be frustrating, as the moment has



passed. Using mirrors to check at the time allows instant correction, leading to faster improvement...and using mirrors to do this allows you to check whatever you need to at the time, before you get used to (and train yourself to) the feel of the movement working on at the time.

Mirrors are essential equipment for improving and monitoring dressage. Whatever your discipline they give the rider the opportunity to truly assess their performance with their horse



Installed in your arena, suitable for indoor or outdoor, not only do mirrors look prestigious, they create a professional environment.

# THE BENEFITS OF MIRRORS



## An Important Tool for Serious Training

Any dressage rider will benefit from the addition of mirrors to their facility. Mirrors offer the ability to see the job you are doing and react on it immediately, without the intervention of a trainer or video. Your horse can feel the correction at the right time, because you are able to see it in real time. Your trainer can also explain what he or she wants from the movement and it will be clearer to you, because you can see it. Through the use of mirrors you will practice good habits, such as proper angle in your half passes and shoulders ins, or proper seat and leg position. If you are a trainer the help they give you in teaching flying changes, or making sure the piaffe and passage are even and straight is absolutely irreplaceable. The more time you spend riding correctly the easier it is to repeat in the show arena

Our clients tell us from the first day they used their mirrors they have noticed a huge improvement and wouldn't be without them.

Strategically placed mirrors in your arena are a valuable asset,

helping you monitor your horses movements, even when your instructor isn't there. As you look into the mirror you will see immediately bad posture and if you are riding straight. As you get into the habit of looking at the mirror rather than your horse your balance and posture will improve.

These mirrors mean you'll be able to see what the judge sees, so you can correct what you need to when you need to. Your horse can feel the correction at the right time because you're able to see it in real time this important visual feedback enables your training to move forward at a quicker pace.



The use of mirrors will help you practice good habits such as proper angles in your half-passes and shoulder-ins, and proper seat and leg positions. You can watch your horses hindquarter engagement and

the amount of bend required for precise lateral movements. The more time you spend riding correctly the easier it is to repeat in the competition arena. You can improve your accuracy and get better results (making the difference between satisfactory and good the potential of 2 extra points for accuracy) while saving money on training

fees. This really is the way to help you and your horse release your full potential.



# BENEFITS OF MIRRORS

Installing Mirrors in your arena offer the rider a clear indication of how well they are riding.



To make sure the rider is sitting correctly in the saddle

To check the aids given are correct

To make sure the horse works into a correct outline

To check if movements are ridden correctly

To check if the horse is straight when riding different movements

To check the accuracy of lateral work

To check if the horse is working properly through its back

To check if the hind legs are properly engaged

To check if the rein contact is even.



Check if your horse is jumping straight, and how well he moves in the saddle.

Attention to detail is key and quality of the horses movements matter, particularly in competition, but also for its wellbeing.

Often what you feel is right really isn't and remember your horse cannot ride straight if you're not straight you need mirrors to be able to monitor this and correct this immediately

Mirrors are just as valuable for show jumpers, event riders, and showing competitors

Not just for Dressage we supply our mirrors to Show Jumping, Eventing, Showing, Carriage Driving, Show Ponies, reining, saddle fitting, stud yards and racehorse training Whatever your discipline you will benefit enormously from the installation of mirrors to your arena/ménage



The visual benefits of using mirrors for training are limitless, identifying in real time inaccuracies in your performance and being able to make changes immediately before they become habit forming is priceless for both horse and rider

#### Showing and Show Jumping and Eventing

*A rider needs to check his position and the position of his horse constantly. He can't rely on the instructor being there. Mirrors make a rider more independent and able to work on his own. He can look in the mirror, match what he sees in the mirror to what he feels on the*

*horse, and learn from that, to either adjust what he's doing or assure himself that he's doing something correctly.*

## Equestrian Colleges, Riding Schools, Equitation Schools, RDA Centres

The Benefits of mirrors is widely recognised in equestrian centres/and equine colleges and of enormous benefit as riders are made self-aware when training using mirrors, altering any incorrect steps, allowing teacher/trainer to focus on other aspects of the class, prevent time wasting and allow the training to move on at a faster steady pace.

Gain Confidence in your horses ability, see straight away the benefits of your training.

# **GETTING YOUR HORSE USED TO MIRRORS**

Getting the horse used to working with mirrors should not take very long. It is quite often the rider that is anxious about the new addition to the school rather than the horse!

Treat the mirrors as though they have always been there. Work at a distance from them at first, riding alongside them. Once your horse relaxes, then pass the mirrors at a closer distance, until you can go past alongside them calmly.

The mistake most people make it to confront the horse with the mirror head on, which makes it an issue. By all means– if the

horse wants to inspect the mirror closely, then that's fine, but there is no need to force him to face it. This just makes him more afraid.

The sensible thing to do is to ride alongside the mirror with your horse slightly flexed away from it. Then he should accept it calmly.

He will learn to accept the ‘other horse’ he sees as friend, not foe– a working partner! All horses accept after a short period and its very useful if you compete as you will most defiantly encounter mirrors at equestrian venues and risk losing points if your horse is unfamiliar with his reflection.

Lunge your horse as far away from the mirrors as possible.

Don't Jump to closely to the mirrors

Remember– if you are anxious, then your horse will be also!

# HOW MANY MIRRORS.....

“Mirrors for Training” Believe that 1 mirror is better than none! You can always add to them at a later date....

One Mirror is a fantastic Start



## Mirror Layouts

Budget options using just 2/3 mirrors

- 2/3 mirrors positioned across the centre line/ middle of the short side
- One in each corner of the short side facing the long sides, and one in the middle of the short side

Using a larger number of mirrors;

- Increase number of mirrors to cover whole of one short side  
Position mirrors centrally on each of the short and long sides  
(minimum of four mirrors)
- 8no. Mirrors cover the whole of your short side of a 20metre arena horizontal 9 if you want the vertical on each end
- 16no Mirrors could the entire of your long side on 40 metre Arena 8

## EXERCISES USING MIRRORS

### Exercise 1

Change the rein across the diagonal of the school from the corner to a third of the way down the long side. Then ride directly towards the mirror to check if your horse is flexed slightly to the inside in preparation for the next corner. Make sure you do not face your horse head on to the mirror (see getting your horse used to mirrors).

Continue across the short side alongside the mirrors, and continue up the next long side. Change the rein in the opposite direction.

The purpose of this exercise is to check if you are asking your horse to change bend and flexion correctly.

### Exercise 2

Ride a large figure of eight— this is two large circles which touch each other. The circles can be ridden in walk, trot or canter. Either ride both circles in the same gait, or you could ride in trot and one in canter, and so on. The exercise can increase in difficulty by riding

smaller circles, and collecting the stride, or larger ones and extending the stride

Try to change your horse's flexion and bend opposite the centrally placed mirrors so you can check on your aids and your horse's balance. See if his hind legs are following in the tracks of his front legs, i.e. is he straight?

### EXERCISES USING MIRRORS Exercise 3

Ride a four small circles of between eight and ten metres in diameter in front of each mirror. Check in the mirrors for your own position, the horse's outline and if the horse's hind feet follow the tracks of his front feet.

If he swings his haunches out at each circle, and has difficulty bending, then make the circles a bit bigger until he has loosened up.

Make sure the line you ride between the circles is straight, and that the horse is straight, but remember to flex him in preparation for each new circle.

### Exercise 4

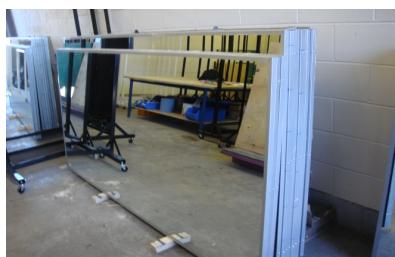
Ride a zigzag up the centre line. This can be ridden in walk, trot or canter and either with straight lines, or lateral movements. Use the mirrors across the short side to check if you are changing bend correctly at each change of direction. Using straight lines, simply changing bend and direction either side of the centre line. Zig zags are most commonly ridden in half pass, but you could also try in leg yield. Try to make the zig zags even, and keep your horse balanced.

## OUR ARENA MIRRORS

- With Mirrors for Training, the options are endless. Our arena mirrors are uniquely engineered and framed in galvanised steel, each 8ft x 4ft reflects a generous view of your arena and a super clarity reflection that cannot be matched by any other supplier as our system is unique to us.

each 8ft x 4ft x 6mm safety backed to British Standard (this safety backing ensures that no large shards of glass come away should the mirror have an impact).

Our arena mirrors are secured within sealed galvanised framed unit preventing water ingress and have an impact layer (absorbing any shock, this prevents breakages, flex and distortion)



We offer a 3 year guarantee on our system no other supply can match—we supply and install throughout Europe. Having supplied over 10,000 mirrors worldwide we certainly are the 1st choice in arena mirrors.

Our Arena Mirrors are uniquely designed backed and framed galvanised steel, making them strong and built to last

- Incorporates a special safety film and 15mm cushioner for added impact protection
  - Excellent resistance to natural atmospheric corrosion
  - Easy to handle and install
  - Manufactured to European standard EN 1036
  - Achieves impact performance EN 12600 2(B)2
  - Vertical or horizontal mounting options
  - Suitable for indoor and outdoor Arenas
  - Robust Galvanised steel frame construction
  - Supplied with Installation brackets that simplify your installation
  - Can be calibrated (tilted) to your individual requirements

Our system is strong, durable and offers a stylish addition to any arena and can be adapted to both outdoor and indoor, Vertical and Horizontal installation configurations. Following the installation of the mirrors your schooling will be twice as effective as you will be able to assess straightness outline and quality of movement visually. Whether you have one mirror or invest in a whole wall, the team can advise on the best positioning to ensure you get the very best out your investment.

The importance of arena mirrors being wood free, is simple wood is a natural product it absorbs moisture (including buffalo and rhino phenol boards we tried these too, during the 7 years its taken us to test them to get them perfect for you), and requires high level of maintenance to combat this, and should be avoided when planning Outdoor Mirrors bottom line is wood warps and bends not good for backing mirrors on, and as bent wood makes the mirrors appear distorted.

## Arena mirror checklist—when comparing quotes

No other arena mirror manufacturer can match our standards hence the reason we have supplied over **60,000** since we started in 2007 and supply and install throughout Europe. We are recognized as the 1st choice in arena mirrors

Check the size- if you're comparing quotes, make sure all mirrors are the same size...8ft x 4ft is good; don't opt for something too small as they can be hard to use. All our mirrors are 8ft x 4ft or we offer a supersize mirror 2450 x1500 (ask for a quote on these)

Reflect on the reflection- a mirror's main job is to provide a crisp, accurate re-flection...but not all mirrors do this. For maximum benefit, mirrors must be high quality and mounted on a material that doesn't warp as this will distort the reflection. A distorted reflection could well render the mirror useless, as it won't be able to provide accurate visual feedback.—we only use the very best quality mirror.

How's the mirror backed? Look for mirrors that are backed and framed with metal, such as galvanized steel, to prevent the back from

distorting as this could compromise the mirror. Mirrors for Trainings specialist arena mirrors are framed in galvanized steel, keep clear of all wooden backed (buffalo board) mirrors as they wont last 12 months—they warp

We offer a 6mm (professional ) version *Overall 22mm thick*

Or a Classic 4mm version Both backed in Galvanised steel and TOUGH for use outdoors! Overall 20mm thick

Weather worries- make sure the mirror you choose can withstand the elements, especially if you're using it outside. Our steel backed mirrors are a proven system, hence the reason we can offer a three year guarantee if we install them. No other manufacture can offer the same guarantee

Maintenance for mirrors? Wood backed mirrors require a lot more maintenance than our galvanized steel backed ones.

Safety first- although you won't want to think about your mirror breaking- ask the manufacturer what will happen should it become damaged? Will it shatter and spread glass all over the arena, or will it stay in its frame due to a film or coating?

Is there a cushion? Some mirrors include a cushioner for impact protection, just in case. This can help to absorb impact and help to protect horse, rider and mirror from serious damage.

## INDOOR MIRROR INSTALLATION

For INDOOR arenas our Arena Mirrors are recommended as mirrors need a substantial backing to them and as they are easy to install and ready backed so all the hardwork as been done for you, each mirror is supplied with the installation brackets that simplify the installation for you

Our Mirrors can be installed in all different cladding options. And calibrated (tilted) to our customers individual requirements We supply and install throughout Europe



## OUTDOOR MIRROR INSTALLATION



Mirrors for Training Arena Mirrors backed and framed in galvanised steel have been designed specifically for outdoor use and do not allow for any moisture to penetrate and damage the mirror they have been designed and manufactured to offer an simple but effective and strong system for outdoor Arenas and can be adapted to all locations no matter how exposed your arena is.

We offer a full design and installation service, however if you should decide to undertake this yourself we are on hand to assist and offer advice where required. Our arena mirrors are secured within sealed galvanised framed unit preventing water ingress and have

**an impact layer (absorbing any shock, this prevents breakages, flex and distortion)**

**Our mirrors are installed in a unique way that prevents them failing in strong winds where other companies fail - Mirrors for Training system of mirrors is extremely durable and weather retardant - also we offer a re-mirroring service so this is a long life product when comparing quotations its important to be aware that not all mirrors are the same! Our system is superior clarity reflection NON warp our mirrors are extremely durable for outdoor use**

Any competent DIYer would manage the installation for you. A Cad Drawing is available to assist you with the installation.

Our Arena Mirrors are supplied with the purposely designed installation brackets do not attempt to install without these brackets as they have been designed to secure the mirrors exactly anything too tight would damage the mirrors and these can be used in both vertical and horizontal configurations. Tilt Brackets are available also if you are a DIY installer these are priced at £27 + VAT per Mirror

Each mirror weight is approx. 65KG and will require 2-3 Man to install safely.

Our Mirrors are designed to be attached to independent posts. We install using tantalised timber or galvanised steel posts which ever you prefer. Please consult our technicians in regard to this as additional back leg reinforcement may be necessary in exposed areas.

If you are installing yourselves It is important that all posts are as

parallel as possible especially if you are installing a continuation of mirrors use a string line and spirit level to ensure you have this correct take care to ensure as accurate as possible flow of mirrors if they are not this will affect the performance of the final result.

Between each vertical post you will need to attach 2x4 horizontal sections between the posts to attach our runners too this will also ensure the rigidity of the structure

## OUTDOOR MIRROR INSTALLATION



Height of Installation

Everyone's Arena is different and it can depend on how flat your surface is, but generally the height of the mirrors is no lower than 120cm from floor to the bottom of the mirror.

We recommend drilling 3 holes on the mounting posts so you have a choice, and literally coach bolt the mirrors on to them. We ask for a rider and horse to be available on our installations to ensure that we get the height perfect for you.

### Posts

We recommend mounting on posts treated for weather proofing, i.e. tantalised timber. Galvanised posts can also be used our brackets are designed to attach to either type.



The posts should be no less 6" x 4" because of the weight of the mirrors and we recommend 2 posts per mirror -one each side and one in the middle may be necessary if you in a vey exposed area. Or larger 6'x6' posts - They are approx. 3.6m in length, as you need plenty in the ground. Secure to the mirrors with coach bolts.

**We offer installation on both Timber and Galvanised steel Structures**

I recommend that the posts are set in concrete no less than 600mm deep.

## HORIZONTAL MIRRORS



Installed Horizontally, Mirrors prove to be an essential training aid to monitor your position during flatwork. Your horse can feel the correction at the right time because you're able to see it in real time. The use of mirrors will help you practice good habits such as proper angles in your half-passes and shoulderins, and proper seat and leg positions.

## VERTICAL MIRRORS

Alternately to mounting the mirrors horizontally, you may wish to have your mirrors installed vertically. These work well on the short side useful for checking straightness and lateral work.



## ARENA MIRRORS ON A STAND - Another Option





We have manufactured a mirror on a stand, this is a non permanent option for clients that need mirrors that may need to be moved. Or for unfenced arenas.

The Stand is manufactured from mild steel and is strong and robust – the stand measures 8ft wide and is 8ft height the mirror starts 4ft from the ground

The moveable arena mirror enables the rider to position it where they want, perhaps to study a specific movement or see what happens in a particular area. The flexibility in the mirror's positioning means that it can also be moved around the arena, or removed and protected during the winter months. Better still, for those on a budget, this flexible approach means that one mirror may be adequate for the rider's needs. "Mirrors are a huge asset to training," says Andrea Miles Director of Mirrors for Training, "and we believe that this option is great for those who really want a mirror, but can't have them all around their arena, for whatever reason. Whilst these mirrors are moveable, there's no compromise on quality and they are suitable for indoor and outdoor use, making them even more adaptable."

## DIAGRAM OF POSTS

We have a cad drawing to assist you with installation if you would like a copy just email us - [info@mirrorsfortraing.co.uk](mailto:info@mirrorsfortraing.co.uk)



## TESTIMONIALS



I am perfecting my dressage with Mirrors for Training's Arena Mirrors, I have found them to be an absolute asset. The visual feedback I get from the mirrors enable me to enhance my performance, it's amazing the difference they make, I can see straight away what are- as I need to focus my training lessons on. This is simply invaluable product, and one I simply could not be with- out. Mary King -- TEAM GBR

I love my new mirrors for training mirrors! They are the best training aid next to having your trainer everyday! The visual feedback you get really helps in my training. Definitely a tool I couldn't be without them Sophie Wells MBE Paralympic, World & European Gold Medallist



## TESTIMONIALS



Oliver Townend - International Event Rider As a professional rider my arena mirrors have become an invaluable piece of equipment. We have had ours installed by 'Mirrors for Training' because the quality and clarity of reflection were far superior than any I had seen in the past, but their service was also second to none, including helpful, sound advice and prompt erection. Not just me but my whole team have benefited greatly from the investment, helping us perfect all aspects of our riding and schooling, it's like having eyes on the ground all the time and we can't argue with our reflection. They have become such an important part of our training I cant believe we went so long without. Looking forward to the new season now.



Andrew Nicholson

" the best money you can spend on a training aid... for me being able to watch my horses and make corrections in real time, is invaluable"

Harry Meade - "I'm thrilled with my mirrors from Mirrors for Training. Through making me more aware of my own position, horses' outlines and the accuracy of movements Mirrors for Training have definitely helped me raise my game. Having experienced their benefits I wouldn't want to live without such a key training aide."

Pippa and William Funnell - The mirrors have become an integral part of our training regime, enabling us to continually check on the straightness of ourselves and our horses and to check on our positions and the horse's outline. They are an enormous benefit to



the whole of The Billy Stud Team.

Paul Tapner - International Event Rider ([Badminton Champion 2010](#))  
"Our Arena Mirrors from MIRRORS FOR TRAINING are like having a

permanent instructor on hand in our indoor school. Every rider's position has dramatically improved since their erection. They are also of immense value to the development of our RDA and Pony Club Centre children in so many ways."

Sophie Wells - love my new mirrors for training mirrors! They are the best training aid next to having your trainer everyday! The visual feedback you get really helps in my training. Definitely a tool I couldn't be without

Marcus Reid - I am extremely delighted with my mirrors from Mirrors for Training. I have found them to be the most useful training aid to the production of my horses, seeing and feeling at the same time is the most valuable asset to my training ensuring I am sitting correctly and the horses are in the correct way of going. Also, the team at Mirrors for Training were professional and very friendly to deal with. This is a product I simply will not be without.



"Our new arena mirrors from Mirrors for Training have added another dimension to our training. They give me an immediate view of both mine and the horse's posture, which allows me to work on specific areas, making sure all our training time is used as effectively as it can be." Ellen Whitaker – International Show Jumper.

Centaur Biomechanics " From the first day we installed our mirrors we noticed a huge difference in riders position and as a result horses way of going. They have been hugely beneficial; they are very cost effective we wouldn't be without them! "

"Having such high quality mirrors in my Indoor school has made a huge difference to the way I train my horses - Now that I can see what I am doing, I can correct and improve my horses more accurately at home which has helped me to improve my Dressage tests at the competitions." [www.chailey-stud.co.uk](http://www.chailey-stud.co.uk) and [www.lizhalliday.com](http://www.lizhalliday.com)

We are delighted with your mirrors, they are a fantastic resource and one which will greatly help all our students with their riding and learning. The investment is proving to be a valuable asset to the whole department. We are very pleased with the quality of the product and professional way in which the mirrors have been fitted. Many thanks from all the equine staff and students at Duchy College.

"Training mirrors have been a very valuable asset in helping me with the training of my horse. To be able to see yourself and your horse and make adjustments, working in "real time", rather than relying on video and trying to make corrections later, has been far more effective. To be able to work on true straightness, carriage, engagement etc of my horse whilst also checking my position has improved our performance enormously. I would never be without my mirrors now." Krissy Hammond-Parker

The Riding for the Disabled , Maisemore Group at Hartpury College, have just had installed 2 large mirrors by "Mirrors for Training" in the Arena that we use at the college. The company were efficient and most helpful and we are delighted with the mirrors

Mirrors for Training supplied our Mirrors at Fiddlers Green Stud, We are very satisfied with the service we received and we recommend Mirrors for Training to all our clients. We use our mirrors on a daily basis when working our horses. Its vital that the feel matches the overall look. They are essential to improve accuracy and technique to gain those extra marks. Daniel Watson & Alex Wyatt.—Fiddlers Green Stud

Zoe Feeney – British Dressage Judge "The mirrors from Mirrors for Training have made a huge difference to my dressage. Competing at a level where lateral work is now important with movements being setup properly, executed balanced and rhythmical with correct bend is something to start with had some guess work associated with it. But now I have the mirrors I can see and adjust accordingly so much easier which is starting to make a huge difference to my horse's way of going and competition scores. Can't do without them now"

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## OUR CLIENTS INCLUDE

Hartpury College—Gloucester (<http://www.hartpury.ac.uk/Hartpury-College/Hartpury-Equine>) Duchy College—Cornwall Manchester Equine College—Manchester Liz Halliday—Chailey Stud—East Sussex (<http://chailey-stud.co.uk>) Fountain Equestrian—Aberdeen Brackenhurst Equestrian Centre—Nottingham University Watt Meadow Farm—Shareshill Robbaston Equine College – Staffordshire (<http://www.wattmeadow.co.uk>) Centaur Biomechanics—Warwickshire (<http://www.centaurbiomechanics.co.uk>) Braeside Equestrian Centre—Kent (<http://www.braeside.co.uk>) Cullinghood Equestrian Centre—Berkshire (<http://www.cullinghood.co.uk>) Chase Stables—Jersey Parwood Equestrian (<http://www.parwood.co.uk>) Cobham Manor Equestrian Centre—Kent (<http://www.cobham-manor.co.uk>) Brooksby Melton College—Leicestershire Idsworth Farm—Hampshire Cornish Riding Holidays—Cornwall (<http://www.cornish-riding-holidays.co.uk>) Down Farm Livery—Devon Brickhill Stud—Derbyshire Wickstead Farm Equestrian—Swindon (<http://www.wicksteadfarm.com>) Middleton Equestrian—Tamworth (<http://www.middletonequestrian.co.uk>) Mounted Section—Mersyside Police TM International School of Hormanship—Liskeard West Spring Stud—Kent Rheol Riding Centre—Aberwistwith Eden Meadows Riding School—Norfolk Broadhurst Edge Farm—Derbyshire Chelwood Equestrian—Kent Grendon Equestrian—Tamworth The Mount Group RDA—Somerby Livery Centre—

Leicestershire Hyperion Equestrian Centre—Exeter Warminster Saddle Club—Wiltshire The Meadows Competition Yard— Leicestershire Owlsbrook Competition Stables—Surrey World Horse Welfare—Norfolk North Way Vet Centre—Lancashire Little Lea Equestrian Centre—Havant Longfield Equestrian Centre— Lancashire Horse Shoes Riding School—East Farkleigh Colegsir Gar,- Camarthenshire Haysden Liveries, Kent  
([www.haysdenliveries.co.uk](http://www.haysdenliveries.co.uk)) Queen Ethelburgas—York Askham Bryan Equestrian Centre—York Branston School—Dorset Equestrian Edge—Warwickshire (<http://www.equestrianedge.co.uk>) Odda Farm Livery, Lincolnshire - ([www.oddrafarmlivery.com](http://www.oddrafarmlivery.com)) Hungerford Livery, Hants ([www.hungerfordlivery.co.uk](http://www.hungerfordlivery.co.uk)) Kate Lukas Eventing, Surrey ([www.katelukaseventing.co.uk](http://www.katelukaseventing.co.uk)) St Vepp Riding Stables, Cornwall ([www.stveepridingstables.co.uk](http://www.stveepridingstables.co.uk))

Sandridgebury Livery Stables, Herts ([www.sandridgebury.co.uk](http://www.sandridgebury.co.uk)) Jareta Stud - Monmonthshire, ([www.jareta.co.uk](http://www.jareta.co.uk)) Fir Tree Stud ([www.firtreestud.co.uk](http://www.firtreestud.co.uk))

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([www.prescottequestrian.co.uk](http://www.prescottequestrian.co.uk)) Washbook Farm, Daventry  
([www.aston-le-walls.co.uk](http://www.aston-le-walls.co.uk)) Rosehall Farm, Herts  
([www.rosehallfarm.co.uk](http://www.rosehallfarm.co.uk)) Wishaw Riding Stables, Sutton Coldfield  
([www.wishawridingcentre.com](http://www.wishawridingcentre.com))

Wildfarm Equestrian, Hertfordshire ([www.wildfarmquestrian.co.uk](http://www.wildfarmquestrian.co.uk)) Hurstwood Farm, East Sussex ([www.equestriantrainingcentre.co.uk](http://www.equestriantrainingcentre.co.uk)) Woodmere Livery, Worcestershire ([www.woodmerelivery.co.uk](http://www.woodmerelivery.co.uk)) Otley College, Ipswich ([www.otleycollege.ac.uk](http://www.otleycollege.ac.uk))

Ellen Whittaker—British Show Jumping Rider Brook Staples— Professional Event Rider Harry Meade—International Event Rider

Portable Mirrors - for use MOVEABLE



The mirror has been of great benefit, being portable we can move it to any position around the simulator so our riders can see themselves and we can target a specific problem they may have. It has been

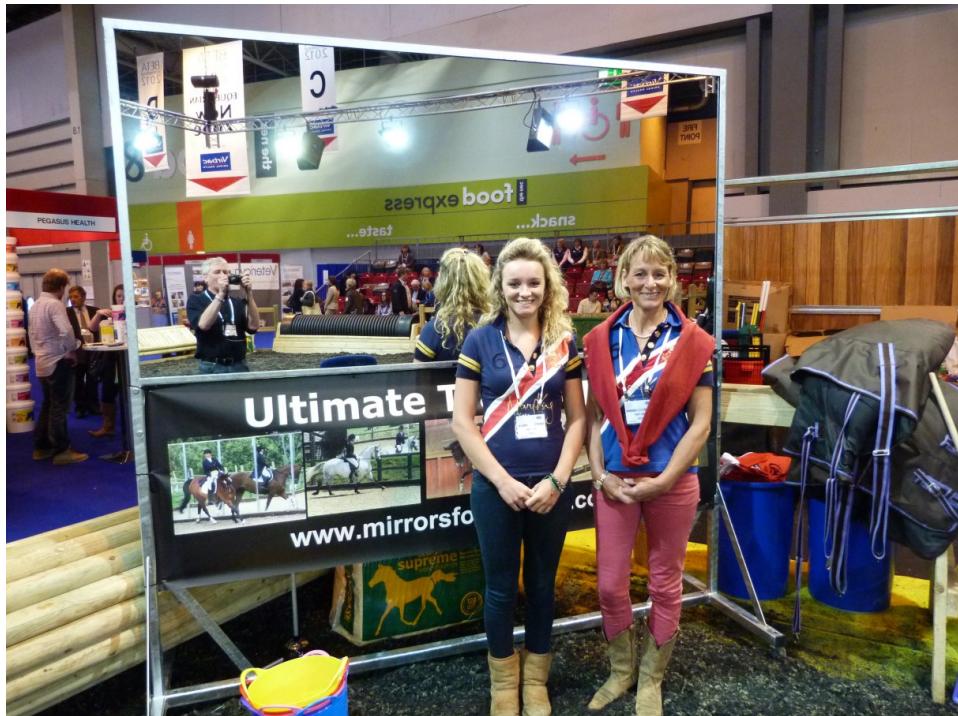
especially useful for the children who have problems with spacial awareness, so they can see what their bodies are doing in relationship to what they feel.

Thanks again for your support Regards

Sue Downer Group Chairman, Southfield RDA Group

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#### ARENA MIRROR ON A STAND





The moveable arena mirror enables the rider to position it where they want, perhaps to study a specific movement or see what happens in a particular area. The flexibility in the mirror's positioning means that it can also be moved around the arena, or re- moved and protected during the winter months. Better still, for those on a budget, this flexible approach means that one mirror may be adequate for the rider's needs.

**VISUAL FEEDBACK** so you can correct Position Posture - Perfect!  
Monitor and correct your way of going!



## ONE MIRROR BLOG

A reflection... a view....a completely new impression.... yes you guessed it Mirrors for Training have been installed and I have one view that is bigger than the one you can see in the mirror itself...WOW! There once was a saying 'little changes make the biggest difference' and I now believe I have found the truth behind it. I only have one mirror and that one mirror has already after a week made a visual difference. Installed in a position that means I can see me, my horse and the amazing view from all angles there is very little space in the arena I can escape its glare.

Introducing the horses to it in hand after installation, my one horse decided to try scratching the mirror he was that convinced it was a new friend looking back at him, whilst the other stood admiring himself....once a poser always a poser.

Working with the mirror for the first time at home was a revelation, a slight adjustment to my shoulder position and a clear view of my horses' hind track; this minor change has already made a considerable difference to the feel and visual impression the horse is giving. Looking and feeling are two very different things and it isn't until you can see yourself clearly and in your own time that you really draw attention to the detail that can make that professional difference.

I have one horse that is 100% sure that gargoyles live in one area of the school, so guess where we put the mirror...yes you guessed it right before his scary spot. No matter how many times he has seen this spot it has always given him the opportunity for a little playtime,

especially if I am half asleep (completely possible after a long day at work) however I have always believed this has been as a result of an extremely intelligent horse becoming slightly bored, rather than any naughty streak. Well since the installation of my Mirrors for Training mirror this theory has been proved right, not only does he now focus his attention every time we go past forgetting his gargoyle friends but he's now quite happily admiring his envious reflection every time he goes past. As for me....yes I'm on a diet!

Having jumped at the side of the mirror yesterday and ridden again tonight, this one installation has got me quite excited for the season ahead. Someone once told me 'fail to prepare and prepare to fail' this has stuck with me for years and I genuinely believe this mirror takes preparation for all stages of horse and rider to a new level. A small installation that I can see will make an invaluable difference. By Emma Wilde

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## STABLE MIRRORS

[Installing a mirror in the stable](#), in a location that the horse could easily see his/her reflection, would provide a companion and make the horse feel it had company. This comforts the horse and reduces stress related behaviours such as cribbing, weaving, biting etc relax your horse. Horses love company – its only natural for them, as they are herd animals

This simple trick will remove the underlying stress and boredom and reduce or cure the stable vice. Stable Mirrors have a huge effect on the well being of a nervous stabled horse or pony.

Tests have proven that horses that have been long term weavers “stopped or significantly reduced this within 24 hours of a stable mirror being installed.





# Mirrors for Training

Mirrors for Training

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## INSTALLATION SERVICE AVAILABLE ASK FOR DETAILS

Mirrors for Training have continue to set the standard both in the UK and throughout much of Europe. We are considered the 1st choice in arena mirrors we have supplied over 10,000 throughout Europe

Using mirrors when you ride is common sense...if you want to see how you look when you're at home, you have a look in the mirror. If you want to check your position, assess your horse's way of going or improve straightness or movement, then checking in a mirror works in exactly the same way! Using mirrors provides instant visual feedback, allowing corrections to be made at the time, enabling you to improve and get the most from each training session, whatever level you ride at.

Having supplied many leading Equestrian Colleges, Riding Schools, RDA centres, racehorse trainers and competition yards, and 1000's of professional riders, they all choose our system because Our arena mirrors are uniquely engineered and framed in galvanised steel, each 8ft x 4ft reflects a generous view of your arena and a super clarity reflection that cannot be matched by any other supplier as our system is unique to us. **We offer a 3 year guarantee on our system no other supply can match**

Our system is strong, durable and offers a stylish addition to any arena and can be adapted to both outdoor and indoor, Vertical and Horizontal installation configurations. Following the installation of the mirrors your schooling will be twice as effective as you will be able to assess straightness outline and quality of movement visually. Whether you have one mirror or invest in a whole wall, the team can advise on the best positioning to ensure you get the very best out your investment.

all our clients tell us from the first day they used their mirrors they have noticed a huge improvement and wouldn't be without them.