



TRAIN YOUR SEAT
EQUESTRIAN TRAINING

CERTIFICATE OF COMPLETION

is awarded to

VALERIJA ICOZ

For successfully completing the intensive Train Your Seat™ Ball Course, integrating embodied rider biomechanics for optimal equestrian practice and training. The course provided instruction on using balls and equipment effectively both in and out of the saddle to enhance performance. This comprehensive course included live webinars, online video lessons, and a written exam, demonstrating proficiency in both theory and practical application.

Alysén Starko-Bowes
TRAIN YOUR SEAT FOUNDER

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