

AMERICAN SPORTHORSE
Center for Dressage Education
2010 ANNUAL WORKSHOP & SEMINAR

MARY WANLESS & SANDY HOWARD
Featuring Alfredo Hernandez, Barbro Ask-Upmark, Anne Howard, PT

February 9-11, 2010
Tuesday-Thursday ~ 9am to 5pm each day

(Quotes from past participants)

“Such a unique and wonderful perspective that puts the horse’s well being at the forefront”

“Teaching is so much more interesting to me now – I don’t get so frustrated with
not knowing what to do with my challenging pupils”

“My riding has taken a huge turn for the better – my horse can’t thank you enough!”

“Biomechanics of riding and how to teach it – wow! I can really do this.”

This year’s focus will be on **Improving Your Toolkit**, whether a rider, trainer or instructor, with methods for better communication, to better activate the horse’s thoracic sling, to develop correct piaffe/passage, to further improve connection and collection, to improve the student’s ability to interface effectively with the horse and to access their own body. The discoveries made in the last year by the American Sporthorse team in terms of better timing and effect will also be presented.

Day One will present communication skills essential in teaching at any level and the basics of biomechanics for rider position. On days Two and Three, in addition to rider specific issues with Mary and Sandy, we will introduce in-hand work with Alfredo that has been a big step in the American Sporthorse program. The mechanical Riding Simulator “Dressage Horse” will be presented and available for demo. We will address schooling the horse as well as teaching the rider. “Functional Fitness and Optimal Aging” lab with Anne Howard will give you a basic program for core fitness that anyone can manage! Breakout sessions for practical labs will keep all participants active!

Come join us for an interactive educational program that leaves political correctness at the door and really delves into the core basics of what it takes to create correct dressage at all levels. Riders of all levels are welcomed and benefit even though much of the seminar is geared to teaching. Discount for early sign-ups and additional discount for returning attendees with bring a first-timer!

Seminar information

When: February 9-11, 2010, 9am-5pm each day, break for lunch nearby, refreshments on site.

Where: American Sporthorse, 1177 Buena Vista Drive, Watsonville, CA 95076. Nearest airport is San Jose (SJC) about 45 minute drive, San Francisco (SFO) and Oakland (OAK) are about 90 minutes.

Cost: \$350 inclusive for the 3 days; \$25 discount for sign-up by January 2, 2010, additional \$30 discount for returning attendees who bring a first-timer. Auditing the riding clinic taught by Mary Sun-Mon after the teacher training (Feb. 13-15) is free for Seminar participants.

Other: We have an indoor school for inclement weather, PA system and variable temperatures in February –please dress warmly. Many hotels and restaurants within a 5 minute drive of the barn, see the www.in-balance.com website for details. Contact organizer if interested to be a demo rider – 831-247-5584 or for other questions.

ABOUT THE WORKSHOP LEADERS

Mary Wanless has brought the most sophisticated teaching techniques from many sports to the problems of teaching riding. Her work in rider biomechanics and their effect on the horse has been nothing less than groundbreaking. Her skill at stimulating productive informal discussion in her training sessions is unparalleled. "I've dedicated my life to translating the secrets of talented riders into bite-sized chunks that make all the difference to every rider." Her many books and videos will be available at the seminar. Learn more at www.Mary-Wanless.com

Sandy Howard has hosted Mary for training sessions for instructors at her American Sporthorse facility since Mary's first time to California in early 1991. She brings the perspective of an active Grand Prix competitor, trainer, instructor and judge to this body of knowledge. Sandy has represented the US on the dressage team, is a current member of the USEF Dressage Committee, continues as an S level judge and "L" Faculty member and has students at every level from novice dressage through Grand Prix. Learn more at www.in-balance.com

Alfredo Hernandez, Piaffe and Passage expert: If you have seen a Grand Prix in California, you have likely seen many of Alfredo's clients. He has a wonderfully gentle effective manner with the horses and can demonstrate his low-stress approach to in-hand-work that can be suitable for all levels of horses. Even novice level riders can benefit from learning this in-hand and under saddle approach.

Barbro Ask-Upmark, FEI competitor, instructor: From Sweden and now a Salinas resident, Barbro has brought the mechanical riding simulator to this area and uses it as her main school horse. The newest model of this tool is now available and will be presented at the seminar. Learn more at www.AlwaysAGoodRide.com

Anne Howard, competitor and physical therapist: Consultant for body issues though the seminar, she will also present a lab for fitness issues that are particularly relevant for the dressage demographic of women over 30. Suitable for all ages, this will be a brief assessment and implementation of exercises.

The following quote from a first time participant (and demo rider) last year highlights much of what makes this seminar unique:

This clinic was a ground-breaking, life-changing experience for me, and judging from Mary's books, I had a feeling it would be. It showed me how much I need to improve strength-wise, and gave me the ABC's that I so sorely lacked--even after years of riding. My trainer has expressed an interest in attending next year--I sure hope she will be able to follow through... I really loved seeing how much there is to know and learn in 'real' dressage... It was fun to have so many riders from different levels attending, from newbies like myself to multi-year returnees, and everyone in between. It was amazing to see so many trainers and instructors open to continued learning (it was a valiant effort for a few!)

I like the cross training topics a lot. I think they are important to the RHYM philosophy, as they are in part its genesis. They genuinely add to the knowledge base. Instead of the cryptic-traditional-dictatorial 'because I told you so' or 'because that's the way we've always done it', Mary offers ideas that are true across fields. She reaches out to modern learning theories, and to age-old martial arts, integrating them into a whole, and I like that she shares not just the product of her research, but the process of getting there.

I don't understand why EVERYONE doesn't rave about Mary! (One trainer I asked about 2 years ago said she had heard the clinic was not really good and discouraged me from trying to go. One friend, who I have since given the Essentials book to and who is loving it, told me that Mary would put us into grueling positions and to be prepared to suffer. One other person told me to be ready to deal with real DQ's!) All of these things were completely off the mark!!! I am so glad I listened to myself and came. I would love to come next year, and then every year.