

Center for Dressage Education at American Sporthorse presents

2013 BIOMECHANICS TRAINING

with

MARY WANLESS

February 12-14

(Tues-Thurs)

Riding Clinic

American Sporthorse, Watsonville, CA

February 16-18

(Saturday-Monday)

Biomechanics Workshop

Sutton Place, Sonoma, CA



Mary with pupil Heather Blitz

9am to 5:30pm each day

This year's educational forum is stretching to a new location for the workshop/teacher training! We are happy to announce that Sutton Place will be hosting the workshop in Sonoma. This is a beautiful facility that will comfortably accommodate participants regardless of weather conditions. The Workshop introduces Mary's Ride With Your Mind approach to instruction and the biomechanics of correctly effective riders. Strategies for clear communication and teaching skills are always featured as well as tailoring the program to those attending. As always we have new ideas and concepts to share and will be featuring the Equisens (Smart Ride Balance Sensor) as a tool for riders to increase their internal focus on the horse/rider interface. Bring questions, ideas, and problems for this active and interactive meeting of keen dressage minds! The format is a mix of lecture, demonstration, and some instruction to illustrate concepts. Several demonstration riders are needed, please contact organizer for details.

The riding clinic in Watsonville will be open to all with preference for returning instructors who are experienced with the Ride With Your Mind approach. Auditors are welcomed. More advanced concepts and applying the RWYM approach to upper level dressage training and coaching will be featured, with the riders present serving as collaborative instructors. The format will be a 60-minute semi-private lessons with discussion after each ride for auditor questions and instructor/rider answers. An interactive panel session with all instructors/riders will allow for auditor questions and theory discussion on teaching and communication strategies. Riders will be posted on the website as they are confirmed.

Our goal is to create an interactive educational program that leaves political correctness at the door and really delves into the core rider basics of what it takes to create correct dressage at all levels. Riders, trainers, and instructors of all levels are welcomed and annually benefit from this seminar geared to improving communication between teacher/student and rider/horse. Discount if attending both sessions.

These sessions change riders for the better, improve horse/rider relationships, and have been responsible for so many riders improving their basic skill level as riders, trainers, and instructors. Olympic Alternate Heather Blitz credits Mary with setting her on the path to being a super rider, local riders Sandy Howard, Tanya Vik, Anne Howard, Heidi Chote, and many others credit her system for their advances.

Information

When/Where:

Riding Clinic: February 12-14

Location: American Sporthorse, 1177 Buena Vista Drive, Watsonville CA 95076

www.in-balance.com

Open to all - preference to previous attendees and instructors

Auditing \$50/day or \$125 for clinic, hot lunch and refreshments included

Riding: \$500 for 3 day clinic, priority to instructors and prior attendees until December 1.

Biomechanics Workshop (Teacher Training): February 16-18, 2013

Sutton Place, 18986 Carriger Road, Sonoma CA 95476

suttonplacefarmsonoma.com

Open to all levels, instructors and students

Demonstration lessons, theory sessions, dismounted drills, partner exercises, exploration of new technologies & ideas for dealing with asymmetries, and much more!

\$250/workshop (if auditing or riding in riding clinic also, \$175)

9am-5:30pm each day, break for lunch in nearby Sonoma, coffee/tea & snacks on site.

Demonstration Riders: please apply ASAP, selection of 5-7 riders will be confirmed by early January 2013. Riders in lesson spots will have a charge per lesson time.

Other: Both locations have covered arenas for inclement weather, PA system and highly variable temperatures in February –please dress warmly. Many hotels and restaurants within a 5 minute drive of each barn, see the www.in-balance.com website for details. Contact organizer for rider information – 831-247-5584.



Application
Clinic Auditing & Biomechanics Seminar

Name _____

Email _____

Address _____

Phone _____ Cell _____

Instructor? _____ Occupation _____

RWYM Experience? _____ Interested in finding roommate for hotel? _____

Riding Level _____

I want to:

_____ Audit the **Riding Clinic**: February 12-14, 3 days of auditing - \$125
Individual day auditing available \$50/day

_____ Audit the **Biomechanics Workshop**: February 16-18, 3 days \$250
Individual day auditing rate not available as the clinic builds on each
day's topics and information

_____ Auditing **both clinic and workshop**, \$325 (\$50 discount)

_____ Participate in the Riding Clinic \$550
(50% deposit to hold place, balance due by 2/1/13)
Need stabling? _____ Horse size & special needs _____

_____ Apply to be a demonstration rider for Workshop
Selection of 5-7 riders will be confirmed by January 8.
Riders in lesson spots will have a fee per lesson.
Please have a brief rider and horse bio attached to application.

Checks payable to American Sporthorse, mail to: 10200 Love Creek Road
Ben Lomond, CA 95005

Questions? Call or text to 831-247-5584 or email ahowardpt@gmail.com