

Center for Dressage Education at American Sporthorse presents

2014 BIOMECHANICS TRAINING

with

MARY WANLESS



February 7-9
(Friday-Sunday)
Biomechanics Workshop & Training
American Sporthorse, Watsonville, CA

February 11-13
(Tuesday-Thursday)
Riding Clinic
American Sporthorse, CA



Mary with pupil Heather Blitz

9am to 5:30pm each day

You are invited to our annual intensive training with Mary Wanless, British author, instructor and the developer of the Ride With Your Mind approach.

The Workshop introduces Mary's RWYM approach to instruction and understanding the biomechanics of correct 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 introducing tools for teachers and learners. 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 for the workshop, 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 as suitable. The format will be a 60-minute semi-private lessons with discussion sections 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:**Both Sessions:**

Location: American Sporthorse, 1177 Buena Vista Drive, Watsonville CA 95076
www.in-balance.com

From Hwy 1 in Watsonville, take Buena Vista exit, turn west toward ocean, farm is 0.6 mile on the left. Come through electric gate, turn left at top of small hill by first barn. Car parking by house, trailer parking in barn area.

Electric gate opens with firm push of button next to keypad from 7AM to 7PM for both entry and exit. Code needed for other times, contact organizer.

Biomechanics Workshop (aka Teacher Training)

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!

Break for lunch will allow time to get to town. Microwave and fridge available on site if you'd like to bring your own.

\$300/workshop (if also auditing or riding in riding clinic, workshop reduced to \$225)

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

Instructors Forum: for professionals only, an evening of business discussion Saturday evening 7-9pm for friendly exchange of ideas and strategies.

Demonstration Riders: please apply ASAP, selection of 5-7 riders will be confirmed by mid January 2013. Demonstration riders should apply to be participants in workshop, those riders selected for our few "demo lesson" spots will have an additional charge per lesson time.

Riding Clinic

Open to all - preference to previous attendees and instructors, hot lunch and refreshments included in participation fee for the riding clinic only. (Allows for prompt discussion time)

Auditing \$50/day or \$125 for clinic

Riding: \$600 for 3 day clinic, priority to instructors and prior attendees until December 1.

Other info: Covered arena for inclement weather, PA system and highly variable temperatures in February –please dress warmly. Parking is at a premium, please carpool as possible.

Many hotels and restaurants within a 5 minute drive, see the www.in-balance.com website for details. Contact organizer for rider information – 831-247-5584.

Stabling: limited on site, oversized or average permanent stalls, full care provided, \$50/night.

Priority to riders from out of area.

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**: 3 days of auditing - \$125
Individual day auditing available \$50/day

- _____ Audit the **Biomechanics Workshop**: 3 days \$300
Individual day rate not available as the clinic builds on each day's
topics and information

- _____ Auditing **both clinic and workshop**, \$350 (\$75 discount)

- _____ Participate in *Instructors Forum*, closed evening discussion for instructors

- _____ Participate in the Riding Clinic \$600
(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. Must register for workshop.
Selection of 5-7 riders will be confirmed by January 15.
Riders in lesson spots will have an additional \$100 fee per lesson.
Please have a brief rider and horse bio attached to application.

Checks payable to American Sporthorse, mail to: PO Box 2772, Aptos, CA 95001

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