

The Center for Dressage Education at American Sporthorse presents

2019
MARY WANLESS

Riding Clinic

January 28-30
(Monday-Weds)

Biomechanics Workshop

Feb 1-3
(Friday-Sunday)

American Sporthorse Watsonville, CA



The Workshop introduces Mary's *Ride With Your Mind* approach to instruction and the biomechanics of correct & effective riding. Originally designed for instructors, by popular demand this seminar is now open to all. Strategies for clear communication and teaching skills are always featured as well as tailoring the program to those attending. Every year new ideas and concepts are shared, introducing tools for riders and instructors to use on and off-horse that focus on either developing rider skills or the horse/rider interface. Bring questions, ideas, and problems for this interactive meeting of keen dressage minds! The format is a mix of lecture, demonstration labs and exercises, and some observation of demo riders to illustrate concepts. (Demonstration riders are needed to provide an assortment of issues to address, but most participants do not ride in the workshop.) Topics for this year include: How to teach suction, continued work on fascial lines (based on her book *New Anatomy of Rider Connection*), incorporating The Franklin Method® exercises and additional rider assessment tools for instructors. Other ideas and new products will be brought into the mix as always for consideration and discussion, encompassing healthcare, fitness, cross training and wellness for the horse and rider and new products that may provide help in better teaching this amazing sport. This is our main event, all who attend are participating in all aspects they want to – but it is not a riding clinic. Demo riders are needed but may not get lessons per se, some may get lesson time but this cannot be guaranteed.

The Riding Clinic is open to all with priority to 1) returning instructors, 2) new instructors, 3) ASH clients, and 4) returning riders. Auditors are encouraged and may participate in the daily theory session. In general, more advanced concepts are illustrated as well as applying the RWYM approach to upper level dressage training and coaching. The format will be a 60-minute semi-private lessons. Daily theory session allows for Q&A with Mary and riders. Riders will be posted on the website as they are confirmed. Applications are open – will fill clinic with applications received by December 31st.

For both sessions: Our goal is to create 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. This annual program is geared to improving communication between teacher/student and rider/horse. Riders, trainers, and instructors of all levels are welcomed to both events. Discount if attending both sessions. We have many regular returning instructors who network and collaborate throughout the clinics. It is a dynamic group and growing every year!

This approach changes riders for the better, improves horse/rider relationships, and has been a transformative event for many - improving their skills as riders, trainers, and instructors. We invite you to join this group of riders dedicated to improving themselves for their equine partners.

Information

When/Where:

Riding Clinic: Runs approx. 9-5 each day

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

Open to all - preference to previous attendees and instructors

Auditing \$50/day or \$130 for clinic, refreshments included, lunch on your own

Riding: \$700 for 3-day clinic, priority to instructors and prior attendees.

SUBMIT APPLICATION ASAP: Riders selected by 12/31/18 – See attached

Biomechanics Workshop (*not an official RWYM Teacher Training*):

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

Open to all levels, instructors and students; runs 9-5 each day

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

Cost: \$300 if postmarked by Dec 31, \$400 after that.

Refund policy: Transferable anytime to another person, 50% refund if unable to attend.

Runs 9am-5:30pm each day, break for lunch nearby, drinks & snacks on site.

Demonstration Riders: please apply, selection of 5-7 riders will be confirmed by December 31.

Demo riders pay regular workshop fee and any stabling but no other fees, and are expected to attend the entire workshop, not just their ride time.

Other: Full sized+ covered arena available for inclement weather, PA system and highly variable temperatures in winter –please dress warmly. 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.



Olivia LaGoy-Weltz on Rassing's Lonoir, started with RWYM work early in life, USET member 2016-18

APPLICATION FOR RIDING CLINIC or DEMONSTRATION RIDER

Name _____ Age _____

Horse(s) (Age, breed, CURRENT level) _____

Rider's Competitive level/disciplines _____

Areas of interest to address in clinic

Unless you are well-known to Mary and Anne, please submit a video (can be brief, but show basic WTC and sitting trot) via YouTube or Dropbox link (if not avail on a DVD) to ahowardpt@gmail.com

Need stabling? _____ Horse size & special needs _____

Need trailer parking? Size of rig and dates needed _____