

RHYTHM ~ THE FIRST RIDING NECESSITY

Course 2 (*Prerequisite is Course 1*)

A three-day course focusing on helping horse and rider develop and feel rhythm.

- o Content discussed in a classroom setting and later applied during group and individual lessons.
- o Seminar booklets containing articles and presentation materials provided.
- o Teaching materials range from articles, discussions, PowerPoint and videos focusing on human and horse biomechanics and movement



COURSE SCHEDULE

DAY ONE ~ Finding Neutral Posture in the Rider

- Lecture: Focus on the Human Element
- o Learn about neutral pelvis and posture.
 - o Discover the differences between men and women riders.
- Individual Session: Riders balanced in the saddle by Jillian

DAY TWO ~ Feel the Movements of the Horse

- Group Sessions: Assisted Lessons with Eyes Closed to Enhance Feel
- o Define rhythm, tempo, and length of stride.
 - o Feel horses' movement through a stride sequence.
 - o Develop skills to influence rhythm.

DAY THREE ~ Individual Lessons

- Learn exercises to build rhythm and trust with your horse.
- o Questions addressed in closing circle

REGISTRATION DETAILS

Cost _____

Dates & Times

Location

Coordinator

_____	_____	_____
_____	_____	_____
_____	_____	_____