

Table Of Contents Dances With Horses Clinic - Disc 1

Day 1

Menu 1

- 1. Introduction**
- 2. Ball Work - Session 1**

Ball sessions are designed to strengthen the deep abdominals, bring awareness to contralateral body organization; and introduce how spatial intent can make movement more effective.

Basic Anatomy For Riders (lower body) - These exercises focus on the hip joints and the heel to sitz bone connection.

Spatial Intention

Contralateral Body Organization/Integration

Planes of Movement in Space: Sagittal, Horizontal and Vertical

Brain Gym Warmup - This exercise is designed to activate and strengthen right - left brain integration.
- 3. Walk To/Shaping Open Spaces** - This series of walking exercises brings awareness to how one can actively shape the space.
- 4. Unmounted Participant Exercises** - Discussion and exercises designed to prepare a dancer for join-up with a rider.

Just Following - This exercise introduces multi-tasking. One must pinpoint focus and not be affected by peripheral information. Ideally you sense all the action but stay focused on your own task.

Dynamic Alignment through Bony Landmarks - Head-Tail and Heel-Sitz Bones are key bony landmarks.

Menu 2

- 1. Mounted Participant Exercises**

Riding in Tandem with a Dancer - Riders each have a dancer to move with. Dancers provide a focal point for the rider to shape around. Riding becomes more spatial and more three-dimensional.
- 2. Ball Work - Session 2**

Group Discussion - General group discussion of material covered earlier in the day.

Visceral/Thoracic Ball - A very mobile image for the pelvis that enables deep muscles to work efficiently and accesses strength that is mobile rather than static.

Phasing Weight Exercise

Timing/Rhythm Exercises
- 3. Follow The Leader Improvisations**

Conga Line

Mirroring

Side By Side

Echo

Alpha Negotiation

Logging - Remembering a movement; creative use of movement recall.

Table Of Contents Dances With Horses Clinic - Disc 2

Day 1

Menu 1

- 1. Dancing With Horses**

Rider/Dancer Improvisations To Music

Ride To Open Spaces/Concentric Circles

Conclusion - Day 1

Day 2

- 2. Ball Work - Session 3**

Weight vs. Wait Exercises

Timing, Breathing, Rhythm Exercises

Core Strengthening Exercises

Distal Exercises - Gaining more accuracy in distal ends of body: Hands, Feet, Head.

Basic Anatomy For Riders (upper body)

Brain Gym Warmup
- 4. Spatial Intent/Teamwork Exercises** -

Walk To Open Spaces

Partnerships with Alpha Negotiations: Dominant vs. Non-Dominant

Choreography Discussion

Herding Trios - Constantly changing leaders

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Day 2

Menu 1

- 1. Rider Herding Trio Sessions** - Constantly changing leaders.

Pre-Ride Discussion

Trio Sessions

Follow The Leader - All Riders

Ride To Open Spaces

Concentric Circles - Crossing the diameter; 2 circles; 3 circles; Moving through space with a clear plan.
- 2. Dancer Liberty Sessions**

Discussion

On-Line Warmup

Liberty Sessions
- 3. Group Rider/Dancer Sessions**
- 4. Conclusion - Day 2**