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Dances With Horses Clinic

Ground Work & Riding - Disc 1

Day 1

Menu 1

1. **Introductions**
2. **Name Game - Keep It Simple & Feel the Internal Pulse**
3. **Ball Work**

Ball sessions are designed to: 1) bring awareness to the skeleton and how it moves: 2) strengthen the deep abdominal s; 3) bring awareness to how the body integrates contra-laterally and 4) introduce the notion of Spatial Intent - or how clear decisions in space clarify the effectiveness of movement.

Bony Landmarks

Sensing Through Touch

Passenger Ride w/Ball

Walking With

Sit To Stand - Spatial Intent/Focus

Bound Flow, Passive/Strong Weight

4. **Weight Sensing**
5. **Moving In A Frame**
6. **Walking In Tandem** - Preparation for pattern to be used with dancers/horses.

Menu 2

1. **Application To Groundwork** - Riders take what they've learned during the morning session and explore the practical application of it with their horses.
2. **Introduction To Dancer**
 - Walking Pattern**
 - Warmup w/Dancers**
3. **Riding in Tandem with a Dancer** - Riders each have a dancer to move with. Dancers offer a focal point for the rider to shape around. Riding becomes more spatial and more three-dimensional.

Sub-Menu 1

1. **Caren**
2. **Caren/Susie**
3. **Susie**
4. **Caren**
5. **Jeannette**
6. **Janet**

Sub-Menu 2

1. **Jenney**
2. **Christi**

4. **Conclusion - Day 1**

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Dances With Horses Clinic
Ground Work & Riding - Disc 2

Day 2

Menu 1

1. Ball Work

Ball sessions are designed to: 1) bring awareness to the skeleton and how it moves:
2) strengthen the deep abdominals; 3) bring awareness to how the body integrates contra-
laterally and 4) introduce the notion of Spatial Intent - or how clear decisions in space
clarify the effectiveness of movement.

Bony Landmarks

Deep Abdominals - Ilio-Psoas

Upper Body - Shoulder Girdle/Scapula

Strengthening

Weight Sensing

2. Flow, Weight, Space

Bound Flow/Strong Weight

Contralateral Body Organization

Visceral Ball

3. Ilio-Psoas Muscle

4. Rider Coaching Sessions - Each rider is coached with their horse individually and given
suggestions on movement/use of anatomy, rider position, and use of space.

Sub-Menu 1

1. Discussion

2. Susie

3. Christi

4. Janet

Sub-Menu 2

1. Caren

2. Jeannette

3. Jenney

5. Phrasing & Spatial Intent of Movement

Water Bottle Toss - Stay With Mobility

Brain Gym

6. Shaping Space

Walking Circles

Crossing The Circle

Circle Direction Changes

Double Circles

Move To Open Spaces

Menu 2

1. Group Riding Session

Follow The Leader

Move To Open Spaces

Shaping Space

Circles

2. Conclusion - Day 2