

Menu List

Main Menu Disc 1

1. Day 1

- Chapter 1 - Posture vs. Conformation
- Chapter 2 - Hill Therapy

2. Day 2

- Chapter 1 - Discussion
- Chapter 2 - Simulations
- Chapter 3 - Hill Therapy
- Chapter 4 - Head Down Exercises
- Chapter 5 - Saddle Fit

3. Slideshow (if applicable)

Main Menu Disc 2

1. Day 2

Page 1

- Chapter 1 - Saddle Fit
- Chapter 2 - Warm Up
- Chapter 3 - Riding Basics Review
- Chapter 4 - Turns
- Chapter 5 - Duck Landing
- Chapter 6 - Discussion

Page 2

- Chapter 1 - Sideways
- Chapter 2 - Snakey Bends
- Chapter 3 - Circles/Ribs
- Chapter 4 - Conclusion - Day 2

2. Day 3

- Chapter 1 - Discussion/Simulations
- Chapter 2 - Tools & Techniques
- Chapter 3 - Fluidity

Main Menu Disc 3

Day 3

Page 1

- Chapter 1 - Discussion
- Chapter 2 - Warm Up/Review
- Chapter 3 - Direct-Rein Turns
- Chapter 4 - Stopping/The Backup
- Chapter 5 - Walk/Trot Transitions
- Chapter 6 - Trot/Canter Transitions

Page 2

- Chapter 1 - Ribs/Circles
- Chapter 2 - Egg & Spoon Race
- Chapter 3 - Conclusion - Day 3