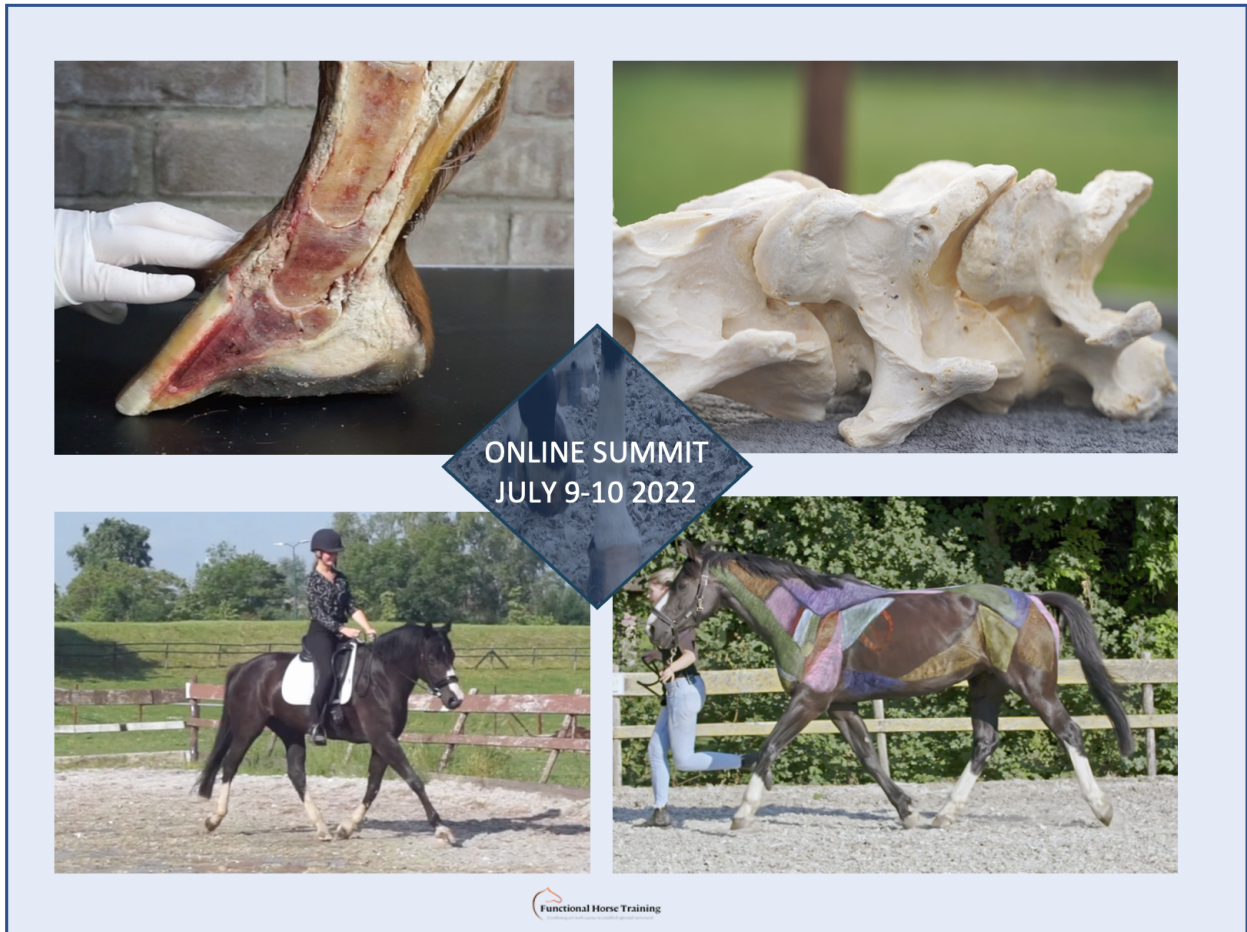


# Functional Horse Training Online Summit / Seminar



From July 9-10, 2022, Functional Horse Training will host an online summit themed around Functional Movement for the (Sport)Horse).

For 2 days you will learn about the horse inside out and how to practically apply this knowledge to improve your horse's overall posture and movement.

Can't watch it live? Don't worry, all sessions will be recorded. You will keep 3-month access to all full replays.

# PROGRAM

## **Day 1 – Biomechanics Fundamentals**

Lecture 1 09.00 CEST: The Sling Systems

You will learn about:

- The anatomy & function of the sacro-pelvic sling
- The anatomy & function of the thoracic sling
- Force transmission & balance control in the horse

Lecture 2 13:00 CEST: The Recoil System

You will learn about:

- The anatomy & function of the recoil system
- Elastic strain energy & movement efficiency

## **Day 2 – Applied Functional Training**

Lecture 1: 09.00 CEST Selecting Form to Function

You will learn about:

- The relation between form and performance
- Improving your overall assessment skills
- Making an informed decision for selection

Lecture 2: 13.00 CEST Functional Horse Training 101

You will learn about:

- Vertical & Horizontal balance

- Training pillars & functions
- Practical tips & exercises

### Lecture 3: 16.00 CEST Exercise Physiology

An understanding of the response of the horse to exercise is essential if we are to be able to accurately select horses for different disciplines, design appropriate training programmes that maximize inherent ability, and reduce the risk of injury as the result of training or competition.

You will learn about:

- Physiological response to exercise in the horse
- Considering the right intervals of training
- Optimizing your horse's fitness

## **ABOUT FUNCTIONAL HORSE TRAINING**

Functional Horse Training is an internationally oriented company with the mission to optimize or restore the movement functionality of the (modern) horse. This mission is shaped by means of an international education center where Thirza translates knowledge of the horse 'inside-out' into practical training considerations for optimal functionality of the horse's body to allow the horse to move with optimal efficiency, but minimal effort.

Functional Horse Training is represented in: Australia, Europe, New Zealand, South Africa, Taiwan, and the United States.

## ABOUT YOUR PRESENTER

Thirza Hendriks is an equine scientist and coach, specialized in Biomechanics, Functional Training and Postural Movement Therapy. As a trainer, she has successfully rehabilitated dozens of horses all over the world.

As team member of the Equinestudies dissection team, Thirza dissects about 9 horses on a yearly to learn more about what is going on beneath the skin and sharing her knowledge with participants. By now, Thirza has done over 35+ whole horse dissections all over the world, which gives her a unique insight on the horse “inside-out” and the ability to present the latest research findings in Equine Science.



Besides her education in the field of Anatomy & Biomechanics, Thirza also studied Equine Exercise Physiology (higher education) to understand the physical adaptations necessary in response to training stimuli and how to use this knowledge to build an efficient training plan.

In the area of training, Thirza has studied with various classical training professionals, as well as rehabilitation specialist and/or institutions (The Art of Horsemanship, Straightness Training, The



School of Lightness and Dutch Institute of Classical Equitation) She has also successfully competed in the past (dressage and carriage driving).

All this knowledge combined has led Thirza to develop her own unique way of functional training and postural movement therapy for the horse. This way of training allows the horse to (re)find balance in self-carriage and lightness so that a horse can move with optimal efficiency and minimal effort.



Today, Thirza is a much sought-after international clinician and lecturer in the field of Biomechanics & Movement Analyses as well as Exercise Physiology, Rehabilitation and Functional Training for horses. By now, she travels to the UK, Sweden, USA, Taiwan, South Africa, Australia, and New-Zealand on a yearly basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.

More info via: [www.thirzahendriks.com](http://www.thirzahendriks.com)

## INVESTMENT

€69,95 for 5 lectures

This includes:

- Full live access (+/- 10 hours)
- Question options
- Replay access (3 months)

Registration via:

<https://www.thirzahendriks.com/events-1/online-summit>

As soon as you've registered, you will receive a confirmation email with your ticket. 5 days before the summit start, you will receive an invitation to the live lectures. Directly after each live session has finished you will receive an email with the replay link.