



*Personal Growth & Development | Whole Horse Dissection | Classical & Rehabilitative Training*

## **CLASSICAL HORSE TRAINING 5-DAY HOLISTIC MASTERCLASS**

*‘Simplicity is the greatest achievement of knowledge but simplicity without knowledge is the greatest cause of equine injuries’ (Cornille 2012).*

## FORMAT

The horse is a fascinating being. We can build a life long partnership in true harmony with a creature that is so majestic and powerful. At the same time, the journey can be complex as a horse can't speak our human language and we often misread / don't understand the signs what horses are trying to tell us and. We often hit many bumps in road like injuries, trauma, fear, stress, disconnection etc.

This master class is designed to educate you on a higher level by offering a hands-on comprehensive holistic approach offering you the opportunity to learn anatomy & biomechanics through a whole horse dissection and complement this with practical classical training and rehabilitation skills. See more details below.

Participation in a whole horse dissection complemented by multiple theory lectures, assessment practical, training demonstrations and hands on experience with school horses.

## COURSE DETAILS

The full event will take place from 24<sup>th</sup> – 28<sup>th</sup> of September 2020

### **Whole Horse Dissection**

24<sup>th</sup> – 09:00 until 17:00

25<sup>th</sup> – 09:00 until 17:00

26<sup>th</sup> – 09:00 until 17:00



Although issues are mostly hidden in a deep place, we're often able to see and feel them from the outside. When you pay attention to these details, you'll be able to discover a treasure of information right under your eyes. During this module you'll make a journey through the life story of the horse and learn to read it 'inside-out'. The facts will be unravelled before your eyes and you're allowed to feel everything to develop a better understanding of this fascinating being 'horse'.



The dissection will have a very interactive nature with an entire team of specialists – a licensed vet, a dentist and a bodyworker - ready to answer all your questions and to perform practicals with you, including the effect of several bridles, bits and saddles on locomotion of the horse.

Topics that will be covered are: • Fascia • Muscle layers and their function and connections • Joints and attachment of muscles • Tendons and ligaments • Veins • Head, hyoid and nerves • Lymph nodes • Vertebrae's • Organs • Tack influence on movement

An extensive manual of 120 pages will be provided for. On top, a professional photographer will make beautiful pictures that of all-important structures and findings will be provided for free after the module.

### **Masterclass**

27<sup>th</sup> – 09:00 until 17:00

28<sup>th</sup> – 09:00 until 16:00



As we strongly believe that you need to know what feel/look for, you'll get the opportunity to work with Thirza's schooled professor horses who can give you the right feeling for all different stages of training. They all have a wide variety of significant biomechanical 'abnormalities' ranging from C6/C7 malformation to past fractures.

You will be guided to train your senses –eye, feel, smell, hearing - to perform a proper biomechanical assessment in movement and standstill (palpation).

Furthermore, the horses will be able to show you the power and lightness of correct training and balance for each individual horse. During the master class you'll be taken on a realistic journey showing you the many bumps on the road you might encounter, but also showing you how to overcome or manage them in a way that empowers both you and the horse. Exercises will range from straight lines – high school movements, with the emphasis on not performing exercises for the exercise, but as a means to a better end in which both participant and horse find true enjoyment, balance through rewiring muscle memory and lightness.

This experience will inspire you in your own personal journey, give you the opportunity to practise your assessment skills and at the same to get the right feel and essence of all the exercises so you can transfer this back to your own horse(s) back home aiming to achieve an optimal mental and physical well-being for your horse(s) improving both your relationship and performance in harmony and balance.

## VENUE DETAILS

Pensionstal & Herberg 'De Distelhoeve'

Distelberg 11, Helvoirt

The Netherlands

[www.dedistelhoeve.nl](http://www.dedistelhoeve.nl)

De Distelhoeve is a beautiful private venue. All sessions will be at an indoor arena and is very light and spacious. It is a non-smoking B&B. The environment is very quiet and peaceful and will provide everything for a pleasant stay.

The dissection will be at a separate venue for which transportation is arranged and included in the price.

Overnight accommodation in the B&B will be arranged for a total of 5 nights arriving September 11<sup>th</sup> after 14.00 and checking out September 16<sup>th</sup> before 10.00. Everyone will receive a private room and breakfast and lunch is included. Vegetarian options are available. However, if you have a specific allergy please bring substitutes yourself. Bathrooms are shared with a maximum of 3 people. Participants wishing their own private bedroom can opt for a room in a 3-star hotel on a 4 min. distance from the venue against a small extra fee. Please email for any inquiries as I can provide you a special arrangement. Facilities and address of the hotel are:

Hotel Guldenberg

Guldenberg 12

5268 KR Helvoirt

[www.guldenberg.nl](http://www.guldenberg.nl)

## MEALS

Dinners are not included but there are plenty of small restaurants in the neighbourhood available or you can opt for a joint barbecue at a small price of €17,50 at the B&B.

For any additional stay, please check [www.booking.com](http://www.booking.com) and book separately

## TRANSPORTATION

Travelling through The Netherlands is very easy. There are 2 airports close to the venue:

Eindhoven Airport (30 min from venue)

Schiphol Airport (1.15 hours from venue)

Eindhoven airport only does (low fare) European flights, Schiphol airport is the main airports for global flights.

To get from the airport to the venue it is most convenient to use the Dutch public transit. Taxis are very expensive, and the public transit is very easy and most used way of traveling in The Netherlands. Don't worry if you're not used to it in your country, you'll be guided through.

If you arrive at Schiphol Airport:

You can take a direct train from Schiphol Airport to 's Hertogenbosch (1.04 hours). The train leaves every 15 mins and costs arounds €10-15 single way.

Once you've arrived at 's Hertogenbosch, you can either choose to get a connecting bus that stops right in front of the venue (15 min) or get a taxi (10min)

If you arrive at Eindhoven Airport:

You can take a taxi to the venue (30 min)

Please email your flight numbers and a detailed schedule of the trains will be send to you. If more people arrive around the same time, a joint taxi will be reserved at a lower fare. If anyone needs special assistance, make sure to email on time!

## INVESTMENT

For tax and insurance purposes, prices will be charged in EUR. Upon purchase of a ticket, it will automatically be converted into the local currency of your country by your bank.

### **5-Day Participant Full Event**

€ 1450\*

*\*Including: 5 nights of overnight stay, breakfast & lunches, participation in whole horse dissection, demonstrations of classical & rehabilitation training, theory lectures, assessment practical, extensive manuals, and hands on experience with schoolhorses varying from straight lines – highschool.*

### **Dissection Participant**

€550\*/\*\*

\*Including: Full participant of the 3-day Whole Horse Dissection, 3 Lunches, Extensive Manual, USB with pictures & videos afterwards,

\*\*Overnight stay is not included but can be arranged for an extra €45,- per night.

## APPLICATION

**You can sign up directly using this link:** <https://www.thirzahendriks.com/events-1/5-day-masterclass-dissection-1>

By applying the registration form, the participant agrees with his/her obligation to pay for the course.

## CANCELLATION POLICY

Any cancellation on behalf of the participant will not be refunded. However, if the participant can find a suitable replacement for taking over the spot the fee can be refunded.

Upon the unlikely cancellation of the event by the organizer, a full refund of the participation fee will be given within 14 days. Additional costs like flight tickets / overnight stay will not be refunded.

You are strongly advised to close on a cancellation insurance.