



# Classical Horse Training

*Combining art with science to achieve balance and harmony*



## **\*\*CLINIC FORMAT\*\***

The horse is a fascinating being. We can build a lifelong 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.

During this course, we'd like to help you to deeper your understanding of the horse "inside-out" as well as practical training considerations and exercise physiology. This way you will learn to recognize normal versus abnormal biomechanics, how to possibly manage any restrictions, as well as how to build a proper training / rehabilitation plan.

The clinic has a very interactive nature with the horse being our biggest teacher. We will be honoured to guide you.

## **\*\*THIRZA HENDRIKS \*\***

Thirza Hendriks is a horse trainer based in the Netherlands, specialized in Biomechanics and Functional Training and Postural Movement Therapy.

In the field of equine Anatomy & Biomechanics, Thirza has enjoyed, and continues to do so, education from renowned pathologist Sharon May-Davis. She has participated in over 15+ dissections and now dissects herself about 2-3 times a year as part of the Equinestudies dissection team. This gives Thirza an unique insight on the horse 'inside-out' and she'll be able to present the latest research findings in Equine Science.



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

In the area of training, Thirza has studied with various classical training professionals, as well as rehabilitation specialist and/or institutions (such as Portuguese riding school, The Art of Horsemanship, Straightness Training, The School of Lightness and Dutch Institute of Classical Equitation). She has also successfully competed in the past in dressage.

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 Rehabilitation and Functional Training for horses. By now, she travels to the UK, USA, Taiwan, Australia, and New-Zealand on a yearly basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.

More information about Thirza can be found on: [www.thirzahendriks.com](http://www.thirzahendriks.com)

Thirza provides lessons in:

- Groundwork      - Work in Hand      - Lunging      - Riding      - Long Reigning

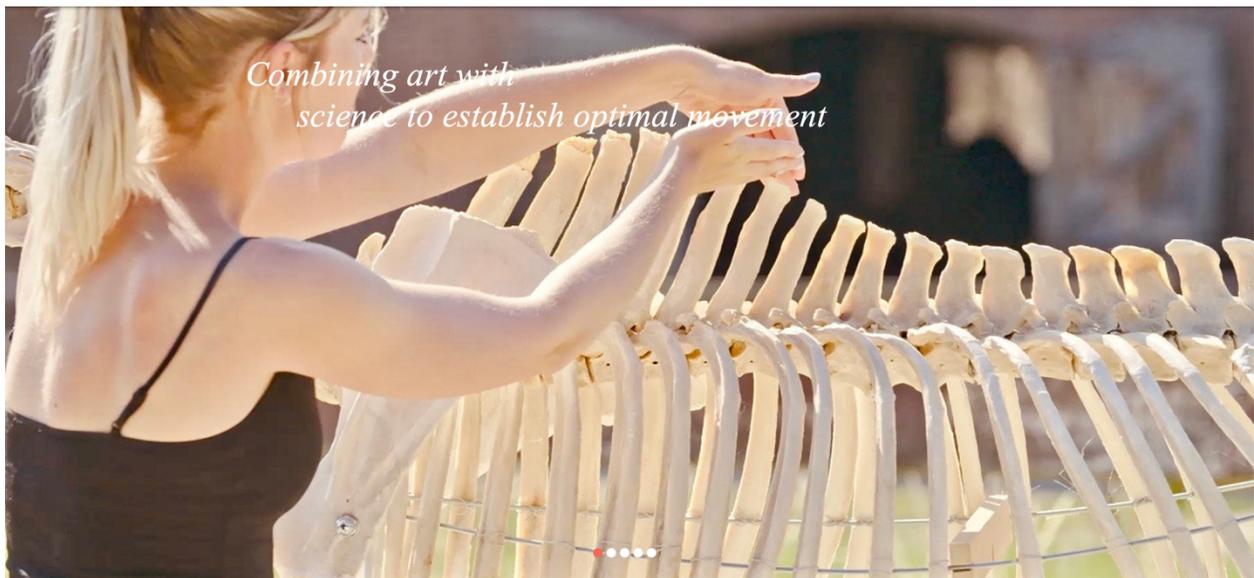
Lessons will always be adjusted to the mental/physical state of the horse and rider in that exact moment. The horse will always be the most important teacher. The instructor is just the translator to help the owner to understand their horse's needs.

All breeds, age, sexes, levels & disciplines are welcome. However, if you own a gaited horse, please inquire beforehand, because certain breeds require specialist knowledge for proper biomechanical assessment.

## **\*\*PROGRAM & TIMETABLE\*\***

### Day 1 –Seminar

*Studying anatomy, biomechanics, and physiology as the key to enhance a deeper relationship, understanding and performance with your horse.*



The following topics will be explained and discussed:

- Introduction & history of evolution
- It's all about the brain
- The chest - the 'forgotten' importance of the Sling
- The mechanism of the thoracolumbar spine
- The role and functioning of the front/hind limbs
- The role and functioning of the pelvis

- The influence of head/neck positions
- Basic Exercise Physiology of the horse
- Practical application of modern-day knowledge

The presentations will be very interactive with exercises on a chair, presentation of skeletal materials and using dissection case studies.

Timetable:

08.30-09.00 Welcome & Introduction

09.00-12.00 First lectures & discussion

12:00-13:00 Lunch

13:00-15:30 Second lectures & discussion

16:00-17:00 Third lectures & discussion

#### Day 2 – Assessment & Baseline reading

Thirza will guide you how to perform an extensive assessment of your horse (or horses available on the venue) *on anatomy & biomechanics as well as a baseline reading of the horse's heart rate during exercise to determine fitness levels. You will learn to palpate muscles, fascia, boney landmarks as well as analyzing basic gaits to determine what is normal versus abnormal. We will consider genetics, pathology, symmetry and alignment and posture versus confirmation.*

*You will get 'hands-on' guidance to develop eye, feel and hearing to properly assess and see the horse 'inside-out'. You are allowed to bring your own horse or use horses available at the location,*

Timetable:

09.00 - 13.00 Assessments & Baseline Readings

13.00 - 13.45 lunch break

13.45 - 17.45 Assessments & Baseline Readings



### Day 3 – Training Advice & Private lesson

*All participants will receive one private lessons for either rehabilitation purposes, starting a young horse correctly for functionality or to solidify an existing foundation.*

All levels and breeds welcome - horses need to be at least 4 years of age.

You will learn about alignment, vertical balance, horizontal balance, thoracic sling engagement, resiliency and coordination training, lateral softness, and collection.

Lessons can be given in groundwork, work in hand, lunging, long reigning, and riding.

Questions can be asked all day by both participants and spectators.



### *Timetable*

09.00 - 13.00 private lessons

13.00 - 14.00 Demonstration

14.00 – 15.00 Lunch, Discussion & Closing

### **\*\*VENUE\*\***

Grace Rock Equestrian Paarl

R301, Southern Paarl, Paarl, 7646, South Africa

### **\*\*MEALS\*\***

Coffee/tea will be available. Please bring your own lunches.

### **\*\*INVESTMENT\*\***

€ 65 (roughly 1090 RAND) 1 day seminar

€ 160 (roughly 2670 RAND) 2 day course (seminar + biomechanics)

€ 250 (roughly 4200 RAND). 3-day course (seminar + biomechanics + lessons) participant

This includes:

- venue fees for grace rock

- extensive theory manuals
- after course informative videos
- full days of tuition and asking questions

If you want to bring your own horse for the practical days (day 1 & 2) please contact Grace Rock for stabling opportunities.

## **\*\* CANCELLATION POLICY \*\***

A 30% refund will be given upon cancellation of the participant up till 12 weeks prior the event. Any cancellation on behalf of the participant within 12 weeks prior to the event 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.