



FHT ONLINE ACADEMY
Course brochure

ONLINE COURSES & SERVICES

Within the online academy, Thirza offers a unique combination of scientific knowledge and years of practical experience as a trainer and rehabilitation specialist. Since 2018, she performs 5-10 whole horse dissections a year worldwide with Equinestudies by Zefanja Vermeulen. In 2019, she dedicated her time into creating an online platform that will help people and horses worldwide by translating knowledge of the horse inside out into practical management and training considerations to optimize or restore the movement functionality of the horse.

The FHT online academy offers a dynamic, ever evolving platform with members from over 25 countries. It is a space for connection, exploration, and education – all in one easy to use online platform. Among its members are passionate horse lovers, veterinarians, hoof specialists, therapists, saddle & bit fitters.

The FHT online academy currently offers three outstanding educational services:

<p>Fundamentals course € 399</p> <ul style="list-style-type: none"> • 100+ videos • 400 pages manuals • 5 Modules: <ul style="list-style-type: none"> - Anatomy - Biomechanics - Management - Bodywork - Functional Training • Free webinar each month 	<p>Immersion package € 899</p> <ul style="list-style-type: none"> • Fundamentals Course Access + extra exclusive content • 2x 2-day Functional Training live events • 1x 2-day Online Whole Horse Dissection • Free webinar each month • 4x free online Q&A sessions 	<p>Online coaching package €250</p> <ul style="list-style-type: none"> • Improve movement functionality and performance in your horse • 4 sessions of 45 min • Tailor-made training program and progressive online training sessions. • Only available in combination with the fundamentals course or the immersion package.
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

You can find the details of each course and service specified in this brochure.

We can't wait to welcome you!

FUNDAMENTALS ONLINE COURSE

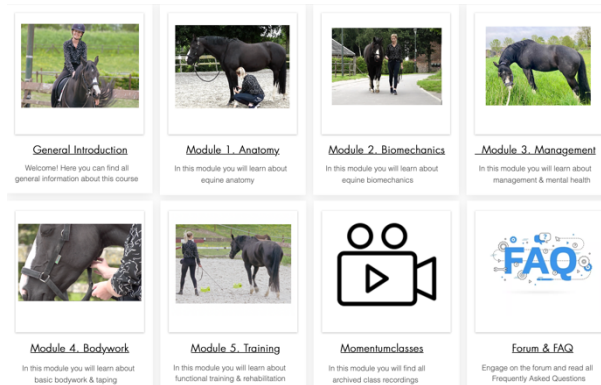
Have you always wanted to learn about the horse inside-out and how to practically apply this knowledge practically? Then this might be the perfect online program for you!



In this online programme you will learn everything about the horse inside-out and how to apply this knowledge practically to acquire the skills to establish or restore functional posture and movement for your horse.

The library of this program contains:

- ✓ 5 modules
- ✓ +100 videos
- ✓ +350 pages in manuals
- ✓ Monthly webinars
- ✓ Dissection case studies



Module 1. Anatomy

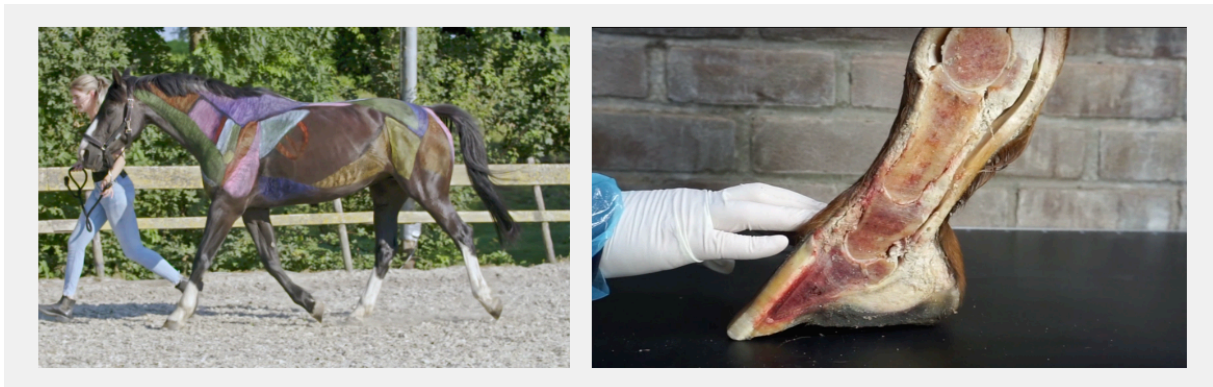
In this module you'll learn about the structural layers of the horse – osseous, soft tissue, nervous systems organs - and how form dictates function. You'll learn. What is normal, what is a variation and what is abnormal. This module enables you to:

- ✓ Study the horse inside out through extensive dissection footage
- ✓ Recognize and interpret muscle linings of the horse
- ✓ Understand the basics of (selecting) form to function

Module 2. Biomechanics

In this module you'll learn how to perform a basic assessment and gait analysis for functional movement of the horse. You'll learn what is normal, what is a variation and what is abnormal. This module enables you to:

- ✓ Assess the horse for load capacity and trainability
- ✓ Perform basic gait analysis on a mechanical and neurological level
- ✓ Understand holistic and systematic whole-body connections
- ✓ Understand the influence of injury, pain, and stress on the body
- ✓ Recognize compensation patterns and postural problems
- ✓ Understand joint movements and their connections



Module 3. Management

In this module you'll learn how to optimize your horse's living environment to promote mental and physical well-being of the horse. This module allows you to:

- ✓ Understand the basic needs of your horses
- ✓ Understand and implement passive physio for horses
- ✓ Understand and implement basic brainwork for horses

Module 4. Bodywork

In this module you'll learn how to use active and passive mobilizations to optimize your horse's breathing, lower stress levels and improve body awareness.

This module enables you to:

- ✓ Perform Passive & Active mobilizations to support your horse when needed

Module 5. Training

In this module you'll learn the basics of implementing functional training and exercise physiology for your horse. You will learn to implement exercises and concepts that will contribute to balance, posture, self-carriage, and lightness of your horse. This module allows you to:

- ✓ Understand basic exercise physiology
- ✓ Optimize your overall training schedule for your specific discipline
- ✓ Understand the 5 elements of fitness – coordination, suppleness, speed, power and endurance
- ✓ Implement 5 training positions
 - groundwork, work in hand, lungeing, long-reigning & riding
- ✓ Learn about the why and how of executing functional exercises including ultimate basics, lateral exercises, tempo transitions and polework



Format

The modules contain both videos and complementary manuals. It is structured as following:

- Introduction
- Theory lecture(s)
- Practical sessions
- Closure



Additional webinars

Every month, there will be an interactive webinar with either Thirza Hendriks or international guest speakers including Dr. Raquel Butler and Zefanja Vermeulen.

Times will be displayed in CE(S)T. Can't watch them live? Don't worry – the webinars will all be archived in the portal and remain available for replay for the full duration of the course. Webinar topics & dates will be announced in the monthly newsletters.

Assignments

Some modules contain voluntary homework assignments that will allow you to put the theory more into practice.

The assignments will be announced in the monthly newsletter and can be submitted for review within a 4-week period.

Investment:

€399 a year

Your fundamentals membership is valid for 12 months after which you can extend your membership access for another year at 50% discount.

More information via:

<https://www.thirzahendriks.com/onlineprograms>

IMMERSION PACKAGE

This add-on package is for those that want to dive deeper. You will receive additional exclusive content, access to 2 Functional Training live events and experience a whole horse dissection layer-by-layer.



Functional Training live-event (2x per year)

Immerse yourself in the functional training masterclasses hosted by Thirza Hendriks.

Each edition will be focusing on a different subject within the overall mission of Functional Horse Training to optimize movement functionality of the horse within the horse's load capacity. During the live events, we will demonstrate how to increase fitness while decreasing the risk of injury and maintaining the horse's willingness to work.

The live events are practical in nature and with lots of training demonstrations that you can implement at home. A wide array of different horses at different levels with different load capacities will be presented.

Some examples of previous editions:

- ✓ Determining load capacity and trainability – what is trainable and what not?
- ✓ Rehabilitation – what is fair and how to measure progress?

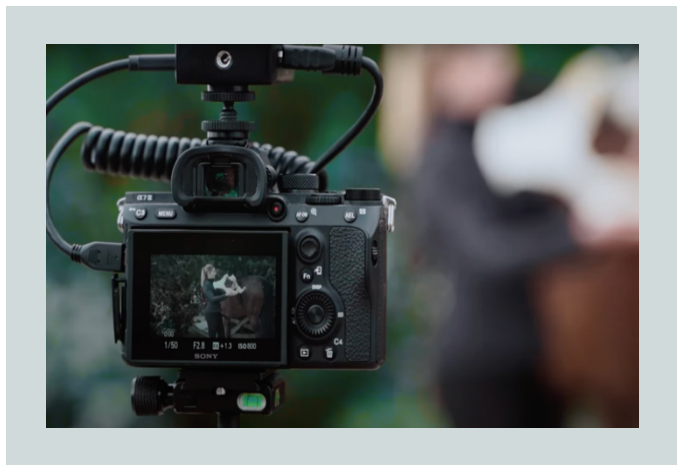
- ✓ The ins-and-outs of long-reining – from basic to advanced
- ✓ How to increase endurance and fitness in your horse?
- ✓ How to create more strength in the horse?
- ✓ How to optimize a progressive goal-oriented training program?
- ✓ Lateral exercises: why, what, how, when and practical limitations
- ✓ How to select form to function: setting your horse up for success
- ✓ The young horse: how to increase load gradually without injuries?
- ✓ Training programs: when and how to step-up and when to step back?

DATES 2023-2024
(first half)

September 20-21 2023

February 20-21 2024

Airing 2 days from 09.00-16.30 local
Dutch time



Topics will be announced 8 weeks before each event starts.

The recording will be available for the entire duration of your membership including the opportunity to ask questions.



Online Whole Horse Dissection (1x per year)

Every year, there will be an exclusive online whole horse dissection included within your membership. Each dissection is unique as each horse has a different story and different findings.



Due to the creativity of the video team – you will get a bird eye’s view like never before filming the dissection from a full lateral view alternated with relevant close-up so that you get to see every detail and every relationship in the equine body. You can ask questions as much as you want!

More detailed information about the dissection via:

<https://bit.ly/3Z08M2g>

Dates 2023:

August 10-11 2023

09.00-17.00 Dutch time

Investment

€ 899 a year

The support package is valid for 12 months after which you can continue to extend your membership for another year at €699.

ONLINE COACHING PACKAGE

€250 for 4 online sessions of 45 min each

Get results through a training plan tailor made for your horse. The first session is aimed to determine load capacity and trainability of the horse and to evaluate your current management and training regime and discuss your wishes. You will get a training plan with homework. The remaining 3 sessions are aimed to refine exercises and progress to better results.

This package is only available in combination with the Fundamentals Course or the Immersion Package. Online coaching package can be booked within the members portals under "sessions & classes."

More information can be found in the official brochure: <https://bit.ly/3ImQn29>

