



# Foundation Masterclass

Melbourne, Australia - April 4-6 2023



## INVESTMENT

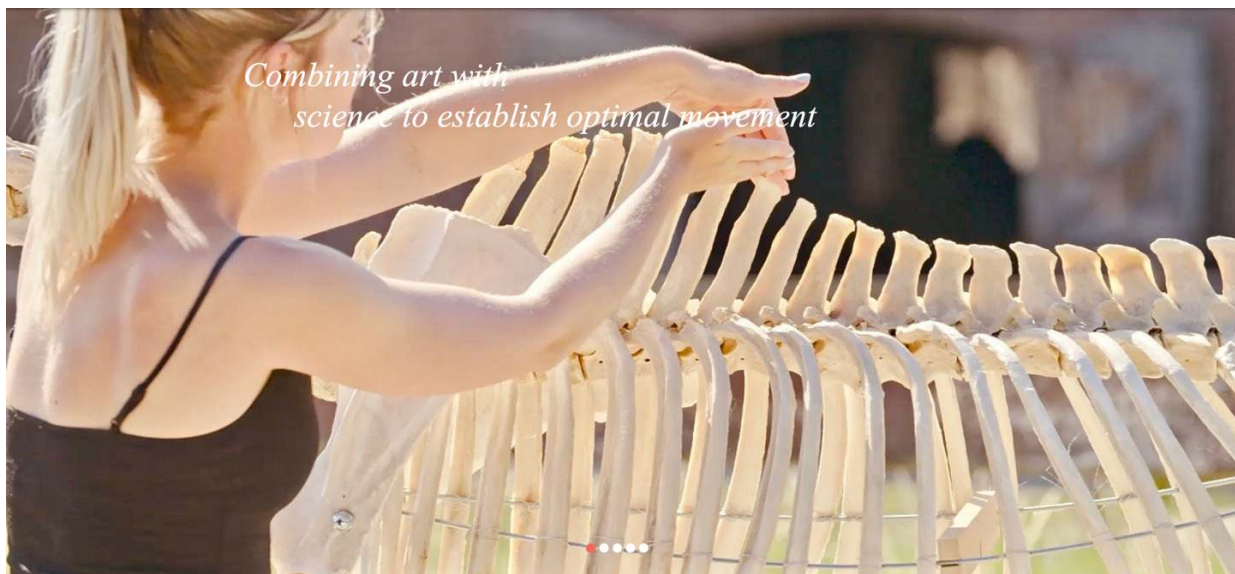
€ 75 (+/- 112 AUD) 1 day seminar (participant)

€ 250 (+/- 375 AUD) 3 days (seminar + practical sessions) spectator

€ 495 (+/- 740 AUD) 3-days (seminar + practical sessions) participant

This includes:

- Full days tuition
- Asking questions all day(s)
- Extensive theory manuals



## PROGRAM & TIMETABLE

This masterclass will take place on:

**April 4-6 2023 09.00-17.00 local time**

### Day 1 – Seminar

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

The seminar will be structured as follows:

<p><b>Part 1.</b> <b>The healthy horse</b></p> <ul style="list-style-type: none"><li>• Anatomy (structural layers)</li><li>• Biomechanics (mechanisms, models and gait analysis)</li></ul>	<p><b>Part 2.</b> <b>The compromised horse</b></p> <ul style="list-style-type: none"><li>• When systems fail (common dysfunctions)</li><li>• Recognizing pain and compensation patterns</li></ul>	<p><b>Part 3.</b> <b>The influence of training</b></p> <ul style="list-style-type: none"><li>• Functional Horse Training 101</li><li>• Basic exercise physiology</li><li>• Getting started</li></ul>
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The presentations will be very interactive using dissection case studies as well as presenting various skeletal material.

Timetable:

08.30-09.00 Introduction

09.00-12.30 Seminar

12:30-13:30 Lunch

13:30-17:00 Seminar

You will learn about:



- Bones, muscles, ligaments, nerves, fascia, tendons
- The sling systems (thoracic & sacro-pelvic)
- The elastic strain energy recoil system
- The cardiovascular & respiratory system
- Heart rate, fitness and the law of overload
- What is normal vs abnormal movement
- Recognizing compensation patterns
- Improving performance and efficiency

## Day 2 – Assessments & Training sessions

Thirza will provide hands-on guidance to develop your senses to perform a basic functional assessment of your horse 'inside-out.' The goal of to assess load capacity and trainability of each individual horse.

*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, alignment, stress levels, compensation patterns and posture versus confirmation.*

*After the lunchbreak, the participants will receive their first 30 min practical training session either for rehabilitation purposes, starting a young horse correctly for functionality or to solidify an existing foundation into higher performance.*

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

- Basic posture & alignment
- Vertical & Horizontal balance
- Thoracic sling engagement
- Sacro-pelvic sling engagement
- Coordination training
- Resiliency and lateral softness
- Slowmotion 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:

08.30 - 12.30 Assessments

12.30 - 13.00 lunch break

13.00 - 17.30 Training sessions (1)



## Day 3 - Training sessions

All participants will receive their second 30 min private session for either rehabilitation purposes, starting a young horse correctly for functionality or to solidify an existing foundation into higher performance.

A heart rate monitor can be employed to determine suitable intervals of training when desired.

# Foundation Masterclass

## *Timetable*

08.00 - 13.00 Private sessions

13.00 – 14.30 Joint lunch & closing



During the closing we will discuss the training homework of combinations and any additional theory that needs to be clarified. Everyone can ask their final questions before saying goodbye.

## **VENUE**

Kookaburra Equestrian Park

375 Lauriston Reservoir Rd

Kyneton VIC 3444 Australia

Please enquire with venue host Emma Loftus for stable / paddock availability if you intend to bring your own horse. Email: [eloftus.craniosacral@gmail.com](mailto:eloftus.craniosacral@gmail.com)

## MEALS

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

## 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 an equine scientist and coach, specialized in Biomechanics, Functional Training and Postural Movement Therapy.

In the field of equine Anatomy & Biomechanics, Thirza is part of the Equinestudies Dissection team (trained by Sharon May-Davis) and performs about 10 whole horse dissections a year world-wide since 2018. 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 (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 (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 (internationally).

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

Thirza provides practical sessions in:

- Load capacity assessments
- Mobilisation techniques
- Fitness tests & heart rate
- Groundwork
- Work in Hand
- Lunging
- Long Reigning
- Ridings

Sessions 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 coach is just the translator to help the owner to understand their horse's needs.

All breeds, 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.

## CANCELLATION POLICY

### **Special corona policy:**

If this event can't go ahead due to COVID regulations issued by the government the clinic will be rescheduled. Each participant will have the choice to opt for refund or to keep the spot for the next available date in 2023/2024.

### **General 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.

