

Specialty Clinic Descriptions

:: Dressage Specialty Clinic

Learn a unique set of movements that help your horse first accept the bit before moving onto it. This surprising technique helps your horse move more easily and confidently into supple, athletic and balanced frame.

On-the-Bit Clinic

Learn a unique set of movements that help your horse first accept the bit before moving onto it. This surprising technique helps your horse move more easily and confidently into a supple, athletic and balanced frame.

Blind Clinic

Improve your confidence and awareness by learning many unique exercises... with your eyes closed! Don't be surprised if you find yourself completing a simple blind dressage test by the end of the clinic!

:: Video Analysis Clinics

Two great clinics that allow riders to identify and solve imperfections in their position by allowing them to see themselves on video. When an imperfection is identified, Coach Stewart explains its cause and describes its solution using the latest techniques. After the analysis the participants are able to immediately start improving their position by riding in an hour-long follow-up lesson.

Equitation and Symmetry Analysis

This video clinic helps riders identify ways to improve their position on the flat. Does your leg swing at the canter, do you have difficulty sitting the trot, do you put more weight in one stirrup or seat bone, sit crooked or have one leg that works better? If so, this clinic helps you identify the causes, and more importantly the solutions!

Jumping Position Analysis

This video clinic allows you to watch yourself jumping and identify ways to improve your position. It's a great way to learn new techniques to perfect your approach, take-off, jumping position, landing and exit. You'll also have the opportunity to see and analyze your position at the posting trot, two-point and canter.

Video Clinics consist of:

- ? 30-minute riding session to videotape your position.
- ? 45-minute lecture on the causes and solution of common riding problems.
- ? 45-minute analysis of your video to identify ways to improve your position.
- ? 60-minute follow-up lesson to improve any imperfections found in your video.
- ? Balance and Symmetry Workshop

:: Jumping Specialty Clinics

All clinics are suitable for jumpers of all ages and ability. Each participant rides in the three jumping lessons and participates in the Sports Psychology Seminar.

STABLE Jumping Clinic

Learn the latest techniques to perfect Seeing distances, Take-offs, Approaches, Break jumping position, Landings and Exits.

BOX Jumping Class

This fast paced class tests your ability to make quick and confident decisions while facing a series of complicated approaches.

TEST Jumping Class

This demanding class tests your ability to memorize complex jump courses, patterns and combinations

:: Seminars and Workshops

:: Sport Psychology Seminar

This very humorous approach to rider-psychology teaches stress-management, positive-thinking, visualization, and goal-setting techniques. Learn to improve your enjoyment, confidence and performance by eliminating stress, performance anxiety and fear from your riding / showing experiences.

:: Symmetry and Balance Workshop

This un-mounted workshop teaches rider-specific exercises using a special balance board developed especially for equestrians. The fun and effective exercises improve your riding by helping you identify and solve imperfections with your balance, symmetry, posture, body-awareness and suppleness.