

ReBalance Riding Clinic

Classically-based Balanced Riding for All types of Riders

Brentwood, CA September 12 - 13

Whether you ride trails, show dressage or rope cattle, success starts with the horse & rider in balance. A horse without balance can neither perform correctly nor use himself efficiently, and eventually he will break down physically. In balance, a rider and horse move together in unity easily, not having to fight gravity. In balance our requests become quieter, softer and resistance-free.

In each ReBalance clinic participants learn in a step-by-step practical approach how to move towards that elusive goal of one-ness with their horse.



ReBalance clinics focus on effective partnership between horse and rider. This is a multi-tiered process which begins with understanding the biomechanics of horse movement, and then adding the science of effective aids. Regardless of discipline or saddle style, horses need to be ridden with engagement. This allows the horse's muscles to relax and work effectively with natural motion in all gaits. It also allows the rider to ride comfortably. This approach leads to balance and the feeling of harmony that we all search for, whether riding for recreation or competition.

Format: The 2-day clinic begins with a theory session discussing balance, effective aids, and how to get beyond resistance. Included in this lecture are horseless exercises for riders to help with balance, feel and biomechanics. This is followed by daily individual 45-minute sessions to feel, build-on and solidify newly acquired knowledge.



ReBalance work comes in many different forms; groundwork or riding, longeing for horse and/or rider and exercises to strengthen and supple the horse. Conformation and locomotion habits are also taken into account as Zsuzu helps riders learn how to improve their horses. She will also address common issues including tightness, resistance and crookedness in horses, and the same in their riders. Her clear explanations and supportive approach help riders get their desired responses more easily while avoiding the many pitfalls we fall into when we feel stuck but need to get a horse to respond.

Zsuzu Illes: An avid classicist who espouses no one school of thought nor one style of riding, Zsuzu's ultimate focus is on softness, lightness and harmony between horse and rider, regardless of breed, discipline or saddle style. Taught and mentored by international clinician, author and judge Charles de Kunffy (CharlesdeKunffy.com), as well as many other clinicians and master horsemen.

Zsuzu - both a 4th level Dressage and Trail rider - works with participants taking them through classically informed movements and exercises using a novel perspective to release natural balance allowing a new level of effective partnership between horse and rider.

(ReBalanceSaddleFitting.com)

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September 12-13, 2009

Brentwood-Antioch, CA (Arena location TBA)

PARTICIPANT REGISTRATION FORM

Name _____
Address _____

Phone _____
E-Mail _____

PLEASE READ CAREFULLY

This format is limited to Eight riders. Registrations will be on a "first come, first served" basis. If you must cancel, your registration will be returned only if your space can be re-filled. Cancellations are also subject to a 10% cancellation fee. If the Clinician or Host must cancel, registrations will be refunded in full. Clinic is rain or shine. The arena is covered.

This is a 2-day format. A Morning group discussion with exercises will be held on day one. Then each rider will work individually with the instructor. Auditors are encouraged.

CLINIC DETAILS & FEES

2 – Day ReBalance Riding Clinic – September 12-13, 2009

2-day clinic cost \$250

Includes one covered stall for one horse. You provide your own feed & clean your own stall.

Audit & Learn: Cost \$25/day or \$40/two-days

Deposit of \$125 to reserve your space - due august 23rd.

Remainder of \$125 due on the first day of the clinic.

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Location: Brentwood-Antioch, CA

STABLING

IMPORTANT: 12' X 12' or larger stalls are provided for participant horses. Horses *may not be* separated from each other. You clean and provide hay.

MEALS/ACCOMODATIONS

There are several restaurants and stores about 5 minutes away. But we recommend you bring your lunch so you can eat lunch with Zsuzsu and learn more.

Please bring your own chair.

NO DOGS ALLOWED. NO SMOKING.

DEPOSIT of \$125 TO RESERVE YOUR SPACE - DUE AUGUST 23RD.

REMAINDER OF \$125 DUE ON THE FIRST DAY OF THE CLINIC.

Please sign below, indicating you agree to the terms and conditions of this registration form. Return signed registration with your deposit.

Signed: _____ **Date:** _____

Upon receiving your deposit, we will mail you confirmation of your registration. In addition to directions to the facility and hotel information, you will receive a Pre-Clinic Questionnaire and other orientation material.

MAKE CHECKS PAYABLE TO: Susan Hartje, 17121 DeMartini Road, Plymouth, CA 95669

CONTACT US AT: saddlethatfit@earthlink.net or (209) 245-3789

Thank you! We look forward to having you!!