



Ylvia Fros
The Art of Riding
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4-day clinic

Ylvia offers 4-day clinics in straightness training and the academic art of riding. In the Netherlands and Belgium, Ylvia also offers 1-day and 2-day clinics.

In a clinic, every day contains two theory lessons and two practical lessons for the participants. Non-riding participants are also welcome to follow the theory lessons and be a spectator during the practical lessons.

The 4-day clinic is for people who:

- ✓ Strive for harmony with their horse
- ✓ Want to solve and prevent mental and physical problems in their horse
- ✓ Are interested in improving their horse-training skills

The goals of a 4-day clinic:

- ✓ Participants are introduced to the methods of straightness training and the academic art of riding
- ✓ Participants learn the different dimensions of natural crookedness
- ✓ Participants understand the step-by-step structure of straightness training and the academic art of riding
- ✓ Participants learn the WHAT, HOW, WHY and WHEN of different dressage exercises in-hand and riding
- ✓ Participants learn the different aids
- ✓ Participants understand the function of their seat and how to use their body to direct the horse
- ✓ Participants experience the three ways of training the horse: work-in-hand, longeing and riding

Learning in a clinic, in a group, has several benefits over private training. These benefits are:

- ✓ Watching each other increases the learning outcome
- ✓ Sharing experiences and mental support increases motivation
- ✓ After the clinic, participants can stay in contact and support each other in their training

General schedule:

Day 1

9.00-11.00 Start + general introduction in straightness training (natural crookedness)
11.00-13.00 Group lessons work-in-hand & exploring the crookedness of the horses
13.00-14.00 lunch break
14.00-15.00 theory about in-hand exercises
15.00-18.00 private lessons work-in-hand

Day 2

9.00-10.00 theory about biomechanics of horses
10.00-13.00 private lessons work-in-hand
13.00-14.00 lunch break
14.00-15.00 theory on the riding aids
15.00-18.00 private riding lessons

Day 3

9.00-10.00 theory about riding exercises
10.00-13.00 private riding lessons
13.00-14.00 lunch break
14.00-15.00 theory on longeing
15.00-18.00 private lessons longeing

Day 4

9.00-10.00 theory about training
10.00-13.00 private lessons of own choice
13.00-14.00 lunch break
14.00-15.00 questions & answers
15.00-18.00 private lessons of own choice

The schedule can easily be altered upon request, depending on the wishes and goals of the participants. For example: group lessons vs. private lessons, extra theory such as origins of the academic art of riding and the grand masters of the baroque and renaissance, video reviews, the behavior and learning of the horse, body work exercises for riders, etc.

This 4-day clinic is the perfect opportunity to start with straightness training and the academic art of riding. It creates a theoretical and practical foundation on which you can continue your own training for a while. By training with the other participants you can benefit from group support.

For more advanced riders, this clinic will provide you with the opportunity to study the theory in-depth. With the intensive private lessons you can work on your development on your own level.

Organizing a clinic at your own stable:

Together, we will decide on a date well enough in advance that people can sign up. We will also set a deadline for getting the minimum sign ups. You arrange an appropriate location to hold the clinic. This location needs to have a comfortable room to hold the theory lessons, and a riding arena with a good floor for hand work and riding. Also, participants need to be able to stable their horses.

I will need a minimum number of participants of 6. The maximum for riding participants is 8. There is no limit for non-riding participants. It will be up to you to get the minimum number of people by the deadline.

Interested? Contact me by e-mail.

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