**Compensation Versus Collaboration**

I have believed for a long time that an awareness of contrast is a concept that offers us expansive opportunities for discovery and learning. ‘Compensation Versus Collaboration’ is a clinic created for the rider to do just that. Whether your horses system is in collaboration with the intricate yet vast array of muscles, ligaments, nerves, tendons, bones, vessels and more, versus how much compensation is happening, is a question we as riders should be asking ourselves when we are training and riding.

The principle behind this is what appears to be 'normal' is not necessarily correct.  Horses have a tendency to fall into gradual compensatory patterns and seeing as nothing happens all of the sudden, these little nuances of change can go unnoticed.  This is similar to progress.  We strive for correct emotional, spiritual, mental and physical health in our horse and because it does not happen overnight, the tiny changes that present over time can be missed.

Format for class:

* Day 1 - AM  Short lecture followed by horse evaluation on the ground
* Day 1 - PM  Riding evaluation and observation of corresponding compensation or collaborations relative to ground assessment, followed by effective principles to create more collaboration
* Day 2 - AM & PM In hand and under saddle  collaboration strategies for improved function.

During this 2 day class, Deb will present some concepts and videos during a short lecture presentation that will support each student to develop their eye for both collaboration and compensation.  In order to see both, we have to have the mindset that both are available not only at different times but at the same time.

This involves the student recognizing their own tendency toward ‘how they look at situations’.  "Is your glass half full or half empty''?   “Can you decipher some  positives in the midst of a lot of compensation”?  How about being able to see a little compensation in a horse that has optimal balance?

At the end of the day, what this boils down to personally is can you find something to be grateful for even on the most challenging of days? Can you also look peripherally without judgement and expectation at any given situation, without a label, just seeing it 'as it is'?

Once each student has explored their own mind and explorative tendencies, the evaluations with the horse begin on the ground.  Deb will guide students through the basic collaboration versus compensations that the horse is presenting, followed by discussions and hands-on practice to begin the unwinding process in the horse.

This section will flow into an under saddle portion of the clinic where a similar concept of strategizing what IS happening versus what would be more beneficial to the horse, will wrap up day 1.

On day 2, students will be coached to support the continuing unwinding of the compensation patterns and witness the gentle and subtle shifts from compensation to collaboration in the horses mind, body and spirit.

***Where:*** Travelers Rest, SC

***Participation:***  Maximum of 10 horse rider combinations. Minimum of 5 horse rider combinations. Unlimited auditor spaces.

**Prices**

***Rider Fees:*** $450.00 for the weekend or $250.00 for one day

***Auditors:*** $40.00 per day

***Please note, these fees are clinician fees only. Additional facility clinic fees may be added.***

**Application Form**

All applicants, both riders and auditors must follow the link to the sign up page and fill out the application, along with all forms and releases appropriate for the clinic.

Riders will be notified of their acceptance into the clinic by Equine Self Expression admin, at which time a deposit of $100 will be required to establish their spot in the clinic. This deposit must be sent to the clinic host. Participants will be contacted by the host following clinic acceptance and advised of the best method for money transactions, along with other pertinent information regarding stabling, fees and accommodation.

Auditors will also be notified of their auditor spot. No deposit is necessary for auditors.

After initial acceptance into the clinic all further communication will be between the clinic host and participant. Final payment for the clinic will be processed by the clinic host.

For further questions and inquiries, please contact Carissa at Equineselfexpression1@gmail.com