

EQUINE SELF EXPRESSION – WORKSHOP, CLINIC AND COURSE DESCRIPTION

COURSE	INTRO TO THE EQUINE NERVOUS SYSTEM I (ENS – I)
DURATION	2 DAYS
TUITION	\$325.00
MAX # OF PARTICIPANTS	20 STUDENTS
MIN # OF PARTICIPANTS	8 STUDENTS
DESCRIPTION	<p>This is the first of 4 lectures in a series, teaching participants the essential connection between the inside and the outside of the horses we ride. The equine nervous system is often directly related to immobility's, blockages and lameness's that horses exhibit. It is also directly related to potential issues that show up and are misinterpreted as "training problems". In this clinic, students will learn how these connections affect health, movement and training. In the lab portion of the course, students will learn exercises to determine whether the horse is functioning optimally from the inside out. Static and locomotive groundwork exercises will be taught that can support a potential change in the horse, that can possibly prevent pathology.</p> <p>THIS IS AN UNMOUNTED CLINIC</p>
DETAILS	<p>50% LECTURE WITH POWERPOINT AND HAND OUT MANUAL 50% PRACTICAL LAB WITH HORSES 1 HORSE PER 3-4 PEOPLE FOR LAB WORK IS REQUIRED. STUDENTS MAY BRING THEIR OWN HORSES IF PREFERRED, CHANGING THE RATIO OF HORSE TO STUDENT. HOST CAN SUPPLY HORSES IF PREFERED</p>
PREREQUISITES	NONE
LESSON INCORPORATION	<p>LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP FOR PARTICIPANTS TO INTEGRATE THE INFORMATION UNDER SADDLE. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.</p>

COURSE	EQUINE NERVOUS SYSTEM II (ENS - II) "THE NECK"
DURATION	2 DAYS
TUITION	\$375.00
MAX # OF PARTICIPANTS	20 STUDENTS
MIN # OF PARTICIPANTS	8 STUDENTS
DESCRIPTION	<p>This is the second of 4 lectures in the Equine Nervous System series. The focus of this workshop is the neck and the connections from the inside to the outside that have to be functioning in order for the horse to move in balance, with flexion, extension and correct weight bearing posture. Understanding the neck, the effects of riding, biting, bridling and rein contact is essential to the overall function of correct movement and straightness. In this clinic, students will learn how these connections affect health, movement and training. In the lab portion of the course, students will learn exercises to determine whether the horse is functioning optimally from the inside out. Specific exercises will be taught to support not only the neck, but also the entire posture in relationship to the neck.</p> <p>THIS IS AN UNMOUNTED CLINIC</p>
DETAILS	<p>50% LECTURE WITH POWERPOINT AND HAND OUT MANUAL 50% PRACTICAL LAB WITH HORSES 1 HORSE PER 3-4 PEOPLE FOR LAB WORK IS REQUIRED. STUDENTS MAY BRING THEIR OWN HORSES IF PREFERRED, CHANGING THE RATIO OF HORSE TO STUDENT. HOST CAN SUPPLY HORSES IF PREFERED</p>
PREREQUISITES	NONE
LESSON INCORPORATION	<p>LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP FOR PARTICIPANTS TO INTEGRATE THE INFORMATION UNDER SADDLE. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.</p>

COURSE	EQUINE NERVOUS SYSTEM III (ENS - III) "THE HINDQUARTERS"
DURATION	2 DAYS
TUITION	\$400.00
MAX # OF PARTICIPANTS	20 STUDENTS
MIN # OF PARTICIPANTS	8 STUDENTS
DESCRIPTION	<p>In this third of 4 lectures in the Equine Nervous System series, students learn the essential connections between the hindquarters and the neck. The focus of this workshop is the mirror effect of the opposite ends of the horse and the essential communication between the 2 parts in order to have the correct circle of muscles working and the horse moving through his back. Students will learn the importance of correct locomotion and longitudinal flexion and extension, and the effects and wear and tear on the limbs if correct locomotion is not facilitated. In the lab portion of the course, students will learn in hand work, which is the basis to dressage at all levels, and indeed all movement. Specific exercises will be taught to assist students in evaluating hind end movement and correcting imbalances in the muscular system.</p> <p>THIS IS AN UNMOUNTED CLINIC</p>
DETAILS	<p>50% LECTURE WITH POWERPOINT AND HAND OUT MANUAL 50% PRACTICAL LAB WITH HORSES 1 HORSE PER 2-4 PEOPLE FOR LAB WORK IS REQUIRED. STUDENTS MAY BRING THEIR OWN HORSES IF PREFERRED, CHANGING THE RATIO OF HORSE TO STUDENT. HOST CAN SUPPLY HORSES IF PREFERED</p>
PREREQUISITES	EQUINE NERVOUS SYSTEM I & II
LESSON INCORPORATION	LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP FOR PARTICIPANTS TO INTEGRATE THE INFORMATION UNDER SADDLE. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.

COURSE	EQUINE NERVOUS SYSTEM IV (ENS - IV) "BACK MAGIC - PUTTING IT ALL TOGETHER"
DURATION	3 DAYS
TUITION	\$500.00
MAX # OF PARTICIPANTS	15 STUDENTS
MIN # OF PARTICIPANTS	8 STUDENTS
DESCRIPTION	In this forth lecture in the Equine Nervous System series, students study the mysteries of the equine back and the essential connections throughout the spine and the spinal column that govern all we do under saddle. Understanding locomotion through the back and correct postural and locomotive muscle is essential to the health of the spine and therefore the whole horse. This lecture ties in with the previous 3 of the series, giving riders and horseman a deeper understanding to the effects of riding on the nervous system and how we can support that very system in the horse to maintain optimal health, happiness and performance. THIS IS A PARTIALLY MOUNTED CLINIC
DETAILS	50% LECTURE WITH POWERPOINT AND HAND OUT MANUAL 25% PRACTICAL LAB WITH HORSES 25% RIDING 1 HORSE PER PERSON FOR LAB WORK AND RIDING IS REQUIRED. STUDENTS MAY BRING THEIR OWN HORSES FOR LAB AND RIDING. HOST CAN SUPPLY HORSES IF NECESSARY
PREREQUISITES	EQUINE NERVOUS SYSTEM I, II & III
LESSON INCORPORATION	ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.

COURSE	EXPLORING SELF CARRIAGE
DURATION	2 DAYS
TUITION	\$350.00
MAX # OF PARTICIPANTS	15 STUDENTS
MIN # OF PARTICIPANTS	8 STUDENTS
DESCRIPTION	<p>During this 2-day clinic, students will learn about the complex cycle of muscles, ligaments, tendons and the structure, which are behind the cycle of movement that expresses as self-carriage. We will look at the training pyramid and dissect each section to deepen the understanding of not only what self-carriage is, but also how it is developed correctly. Painting a horse and exploring which muscles are functioning and which are not, along with a short riding session to develop a new feel of a horse with the cycle of muscles turned on, will complete the 2-day workshop.</p>
DETAILS	<p>50% LECTURE WITH POWERPOINT AND HAND OUT MANUAL 25% PRACTICAL LAB PAINTING A HORSE & IN HAND WORK 25% RIDING 1 HORSE FOR PAINTING. 1 HORSE PER 3 PEOPLE FOR LAB WORK. STUDENTS MAY USE THEIR OWN HORSE FOR LAB GROUNDWORK IF PREFERRED, CHANGING THE RATIO OF HORSE TO STUDENT. STUDENTS MAY BRING THEIR OWN HORSES FOR LAB AND RIDING. HOST CAN SUPPLY HORSES IF NECESSARY</p>
PREREQUISITES	NONE
LESSON INCORPORATION	ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.

COURSE	MAPPING THE JIGSAW
DURATION	2 DAYS
TUITION	\$360.00
MAX # OF PARTICIPANTS	20 STUDENTS
MIN # OF PARTICIPANTS	8 STUDENTS
DESCRIPTION	<p>This 2-day lecture is 80% hands on with approximately 2 hours of lecture a day. Many students encounter bracing patterns in their horse that inhibit correct movement patterns and prevent accuracy within the gait. Sometimes these inhibitions are demonstrated by the horse as so called “behavior challenges”, because of overall discomfort in the horse. In this workshop students will go through every moving part of the horse in order to understand how each joint or junction should move, and learn static groundwork movements to help re-establish limited movement patterns. Students will also receive a map of the horse with the connections of the skeleton and muscles and their influence on other systems of the horse, including the effect of under saddle movements and transitions.</p> <p>THIS IS AN UNMOUNTED CLINIC</p>
DETAILS	<p>50% LECTURE WITH POWERPOINT AND HAND OUT MANUAL 50% PRACTICAL LAB WITH HORSES 1 HORSE PER 3-4 PEOPLE FOR LAB WORK IS REQUIRED. STUDENTS MAY BRING THEIR OWN HORSES IF PREFERRED, CHANGING THE RATIO OF HORSE TO STUDENT. HOST CAN SUPPLY HORSES IF PREFERRED</p>
PREREQUISITES	NONE
LESSON INCORPORATION	<p>ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.</p>

COURSE	FILL IN THE MISSING PIECES OF YOUR RIDE
DURATION	2 DAYS
TUITION	\$350.00
MAX # OF PARTICIPANTS	10 STUDENTS
MIN # OF PARTICIPANTS	6 STUDENTS
DESCRIPTION	<p>This 2-day riding clinic will give participants the opportunity to explore the steps necessary to progress with their equine partners, to the next level of training. Students will learn Equine Self Expression's "ABC's of training" in relationship to the training pyramid, breaking down the foundational principles of training for horse and rider. Each rider will learn how to recognize the holes in a horses training and how to reapply foundational basics to assist them in fully functioning at the level they are at. Students will also learn how to apply foundational basic principles to more advanced work. Each participant will ride twice daily and have the opportunity, should they wish, for Deborah to ride their horse, for rider assistance and evaluation</p> <p>THIS IS A MOUNTED CLINIC</p>
DETAILS	100% RIDING CLINIC. PARTICIPANTS RIDE TWICE DAILY STUDENTS MAY BRING THEIR OWN HORSE OR HOST CAN SUPPLY HORSES IF PREFERED
PREREQUISITES	NONE
LESSON INCORPORATION	ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.

COURSE	RIDING CLINICS
DURATION	2 - 5 DAYS
TUITION	\$350.00 - \$500.00 DEPENDING UPON # OF DAYS
MAX # OF PARTICIPANTS	10 STUDENTS
MIN # OF PARTICIPANTS	6 STUDENTS
DESCRIPTION	<p>Debbie offers 2 -5 day riding clinics to assist riders in evaluating where they are with their horse, what the next steps are to solidify where they are, and what is needed to move forward to where they would like to be. Clinics encompass the body of knowledge Debbie has as a competitive rider and trainer, as well as her knowledge of correct equine movement and performance as it relates to the individual disciplines and needs of each horse and rider combination. Debbie is also a senior instructor for Connected Riding and incorporates those techniques into her clinics. Debbie will ride clinic horses as and if requested.</p> <p>THIS IS A MOUNTED CLINIC</p>
DETAILS	100% RIDING CLINIC. PARTICIPANTS RIDE TWICE DAILY STUDENTS MAY BRING THEIR OWN HORSE OR HOST CAN SUPPLY HORSES IF PREFERRED
PREREQUISITES	NONE
LESSON INCORPORATION	ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.

COURSE	CONNECTED RIDING SPECIALTY CLINICS
DURATION	2 - 5 DAYS
TUITION	\$370.00 - \$525.00 DEPENDING UPON # OF DAYS
MAX # OF PARTICIPANTS	10 STUDENTS
MIN # OF PARTICIPANTS	6 STUDENTS
DESCRIPTION	<p>This is an intensive introduction or overview of Connected Riding principles. As a senior instructor for Peggy Cummings and Connected Riding, Debbie will devote this clinic to in-depth learning and philosophy of Connected Riding through teaching ground work, human movement and balancing techniques and Connected Riding principle's under saddle.</p> <p>THIS IS A 75% MOUNTED CLINIC</p>
DETAILS	<p>GROUND WORK & RIDING CLINIC. PARTICIPANTS RIDE TWICE DAILY</p> <p>STUDENTS MAY BRING THEIR OWN HORSE OR HOST CAN SUPPLY HORSES IF PREFERED</p>
PREREQUISITES	NONE
LESSON INCORPORATION	<p>ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.</p>

COURSE	EQUINE SELF EXPRESSION GROWTH, LEARNING AND HEALING SERIES
DURATION	3 - DAYS
TUITION	\$650.00
MAX # OF PARTICIPANTS	8 STUDENTS
MIN # OF PARTICIPANTS	4 STUDENTS
DESCRIPTION	<p>This training is an opportunity for participants to explore equine herd dynamics, body language and develop a relationship based on mind, body and spirit of the horse. In doing so, a portal is opened to provide a solid internal foundation for each individual's journey of self-exploration. As the 3 -day training progresses, individuals find themselves clearing away more and more self imposed obstacles and limitations based on fear, false belief systems, indoctrination and unfulfilled dreams. This journey is one of self-exploration through the eyes of equus.</p> <p>THIS IS AN UNMOUNTED CLINIC</p>
DETAILS	25% LECTURE. 75%WORKING IN THE CONTEXT OF A HORSE HERD. THIS IS AN EXPERENTIAL TRAINING
PREREQUISITES	NONE
LESSON INCORPORATION	NON APPLICABLE

COURSE	RIDE IT, SEE IT, FEEL IT ~ RIDING CLINIC
DURATION	2 DAYS
TUITION	\$350.00 – PER RIDER /AUDITOR FEE \$25.00 PER DAY
MAX # OF PARTICIPANTS	10 STUDENTS
MIN # OF PARTICIPANTS	6 STUDENTS
DESCRIPTION	<p>This clinic is put together so riders can systematically begin to relate the feel of what their horse is doing in movement, and then have the visual of an equine skeleton to observe both functional and dysfunctional patterns in their own horse. With the aid of an equine skeleton, riders will have an opportunity to simulate the correct biomechanical function during certain movements, having observed the correct functional movement in parts of the skeleton. As understanding of the skeletal movement is seen, riders are coached to ride and feel the changes under saddle.</p>
DETAILS	<p>THIS IS A 75% MOUNTED CLINIC SOME GROUND WORK & LECTURE ~ MOSTLY RIDING CLINIC. PARTICIPANTS RIDE TWICE DAILY STUDENTS ENCOURAGED TO BRING THEIR OWN HORSE</p>
PREREQUISITES	NONE
LESSON INCORPORATION	<p>ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED UNDER SADDLE DURING THE WORKSHOP. POST WORKSHOP LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.</p>

COURSE	SUPPORTING YOUR HORSE FROM THE INSIDE OUT WITH GROUND WORK
DURATION	2 - DAYS
TUITION	\$350.00 – INCLUDING MATERIALS / AUDITORS \$50.00 PER DAY
MAX # OF PARTICIPANTS	15 STUDENTS
MIN # OF PARTICIPANTS	6 STUDENTS
DESCRIPTION	<p>The fundamentals of riding from the ground to enhance under saddle work, is the thread that ties this clinic together. Using the equine skeleton and comparing the correct skeletal movement to that of a functional horse, allows students a deeper understanding of how the body should move and assists students in developing their eye to recognize potential blockages and how to release them. Understanding that not all blockages and bracing patterns are physically induced, we learn of primal and instinctual bracing patterns that are foundational evolutionary teachings transmitted from mare to foal. Using neuro muscular reorganization, students learn how to shift these patterns. Throughout the clinic, students learn short and long sequences of ground work that influence the horses mind, body and spirit and make changes that begin to reorganize the nervous system and change riding postures.</p>
DETAILS	GROUND WORK & LECTURE CLINIC. PARTICIPANTS PARTICIPATE IN GROUND WORK THROUGHOUT THE DAY STUDENTS MAY BRING THEIR OWN HORSE OR HOST CAN SUPPLY HORSES IF PREFERED
PREREQUISITES	NONE
LESSON INCORPORATION	ADDITIONAL LESSONS ARE OFFERED THE DAY AFTER THE WORKSHOP TO CONTINUE TO INTEGRATE THE INFORMATION LEARNED DURING THE CLINIC. POST CLINIC LESSONS FOR PARTICIPANTS ARE OFFERED AT A REDUCED RATE OF \$80.00 PER HOUR. REGULAR LESSONS FOR NON WORKSHOP PARTICIPANTS ARE OFFERED AT NORMAL RATES.

