**Muscle Cycles and Sequences – Putting it Together Under Saddle to Achieve Meaningful Movement, Better Performance and a Happy Horse’ .**

This year I am beyond thrilled to announce the launch of our first riding clinic ‘ Muscle Cycles and Sequences – Putting it Together Under Saddle to Achieve Meaningful Movement, Better Performance and a Happy Horse’ ’.

The first of its kind, this clinic will focus on what a cycle really is? Within every second of movement there is a finite interval of time during which a sequence of a recurring movement is handed off in succession to its counterpart. To feel a cycle or sequence of anything we must be fully tuned in to that interval.

As riders we are programmed to feel ‘something’ as a signal to converse through our aids the request for something else. In this clinic you will learn how to not only appreciate the interval but to ‘feel’ it. How do you experience the space of ‘nothing’ in order to create something? In that space there is an opportunity to permutate a series of vibrations, oscillations and alternate processes that allow each element of movement to systematically take the place of the next, resulting in the last becoming the first. This is the circle of energy within your horse, and energy is motion.

When we align with the natural sequence of anything, there is an ease and flow that precedes it. I am looking for ease and flow as a rider, which means my horse at the emotional, mental, physical and spiritual level can access that ease and flow as I am not only out of his way, I am out of my way and in the ease and flow with him.

Join me for our launch of Muscle Cycles and Sequences – Putting it Together Under Saddle and step into the ease and flow of riding your horse. It could just be the interval you have been waiting for to connect the dots of your riding for meaningful movement and better performance, no matter what discipline you enjoy.

***When*** - Our launch takes place on August 15 -16 (8:30 am – 6:00 pm) with a meet and greet and free introductory lecture on August 14 at 5 pm.

***Where* –** Equine Self Expression home base: 4545, N, County Rd 500 West, Middletown, IN 47356

***Participation*** - Only 5 horse and rider combinations will be accepted for this launch but we do offer unlimited auditor participation. Pre-requisite for riding participation is owning and being familiar with our book set, Meaningful Movement, Better Performance, Happy Horse. I do recommend participation in our on line course, Muscle Cycles and Sequences, but it is not a mandatory pre-requisite. Riding participants who own the books and have participated or are participating in the online course will receive a discount.

* Riding participants must bring a horse that is capable of being ridden in 2 – 3 gaits and is comfortable being in a group with 4 other horses.
* Each student will work with their horse under saddle and in hand to identify visually and mechanically the 10 cycles of self carriage.
* Each student will traverse through the functional cycles to the space of experiencing the interval where the cycles can be influenced. This portion will take place under saddle and on the ground.
* A short lecture on day 1 will set the tone for expansive thinking for participants, as I assist all students to relate to the concept of a cycle as related to the emotional, mental, physical and spiritual cycles regulated in accordance to the cyclical rhythms of nature that also reside within us.
* Horse and rider combinations will be divided into groups on day 1, and will work individually and as small groups on day 2.
* By day 2, riders will begin to experience the change in themselves and their horse through the expression of the interval creating a functional change in the horses movement and overall relaxation, rhythm and tempo.
* Day 2 will end with a short lecture on the energy cycles, of which each rider will identify with after their rides.

**Prices**

***Rider Fees*** - $500.00 per horse rider combination for the 2 day clinic.

(This does not include overnight stall fee)

*Riders who have purchased both the Meaningful Movement, Better Performance, Happy Horse books as well as the Muscle Cycles and Sequences class live or on-line receive a 10% discount on the rider fee reducing it to $450.00 for the two days*

***Auditors*** - are welcome at $50 per day

**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, at which time a deposit of $100 will be required to establish their spot in the clinic.

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

Final payment for the clinic will be processed upon arrival.

Deposits and payments can be made via check, pay pal or Zelle. Please indicate on your application your preferred payment method.

Paypal [-equineselfexpression1@gmail.com](mailto:-equineselfexpression1@gmail.com) -friends and family.

Zelle 417-274-2808

Checks to Debbie Davies, 4545, N County Rd 500 West, Middletown, IN 47356