

SEMINAR & CLINIC , AUCKLAND 2020



“Simplicity is the greatest achievement of knowledge but simplicity without knowledge is the greatest cause of equine injuries” (Cornille 2012).

FORMAT

The horse is a fascinating being. We can build a lifelong partnership in true harmony with a creature that is so majestic and powerful. At the same time, the journey can be complex as a horse can't speak our human language and we often misread / don't understand the signs what horses are trying to tell us. We might hit many bumps in road like injuries, trauma, fear, stress, poor posture, disconnection etc.

The application of this course is two-fold:

- **To restore functionality of body and mind**
- **To optimize efficiency with minimal effort**

The first aim is toward setting up, managing and executing an effective rehabilitation program in the case of anatomical and/or biomechanical challenges and implications that your horse might be facing including:

- Birth trauma
- Poor Posture
- [Degenerative] diseases
- [Secondary] Trauma
- Genetics & Confirmation
- Worms & Ulcers
- Poor management, tack & training

In this clinic, you will learn more about anatomy & biomechanics inside-out. Since the horse never asked to be ridden, we can only ask so if we have a sound understanding of what is going on under the skin. You will learn to analyse the subtle difference between variation and abnormalities so you can match your feel with actual reality as there are many courses that promote feel, but few that actually provide a reference frame for it. However, this is essential as you need to know what to feel for. Without a reference frame, feelings in relation to performance might be misleading. We often get so used to the patterns of our own horses, that this becomes the normal, even when in reality it might be abnormal.

Developing a good independent feel for proper functionality is therefore essential to ensure your horse's wellbeing and optimize performance.

Finally, **you will learn to not train harder – but to train smarter** through rewiring your horse's

muscle memory. From this angle, training and movement are to be considered as an effective tool to restore functionality for your horse to promote soundness and general well-being.

The second aim is toward optimizing functionality by strengthening exercises that allow your horse to find balance in self-carriage.

You will learn to [re]discover the treasures of classical dressage. Furthermore, you will learn many deeper essences to the exercises – even if you’d already known them – so they can truly serve as a means to an end rather than to perform an exercise for the sake of the exercise.

The exercises are designed to enhance strength, suppleness and straightness so that a horse can move freely with optimal coordination and efficiency and minimal effort. From there, lightness occurs.

YOUR INSTRUCTOR

Thirza Hendriks is an equine professional from The Netherlands. Her passion is to translate findings of modern equine science into practical considerations when it comes to training horses.

With a background of competitive dressage, Thirza found a new passion in the true application of classical training that aims to evolve training principles for the better of the horse. True classical dressage is not sticking to tradition for the sake of tradition, but to evolve using the advancements of modern day science.

Thirza was led onto this path through an extensive journey with her own horse who was about to be put down due to severe physical issues including fractures. Surrounding herself with the right people, Thirza was able to rehabilitate her horse successfully. From there, many other horses came into her life that enabled her to grow as a person and an equine professional. These horses are her true teachers.

Apart from the horses, Thirza has enjoyed, and continues to do so, education from renowned pathologist Sharon May-Davis and Zefanja Vermeulen from Equine Studies. She has participated in numerous whole horse dissections and biomechanics courses and now even organises two dissections a year herself. This gives Thirza a unique insight on the horse ‘inside-out’ and has

led to extensive knowledge and experience with physical and mental issues including fractures, neurological diseases, ligament & tendon problems, metabolic issues, stress, degenerative diseases, vertebral pathologies and pelvic disorders.

Besides her education in the field of equine anatomy & biomechanics, Thirza studied with various classical training professionals, as well as rehabilitation specialist and/or institutions.

Finally, she also added complementary education such as veterinary science, bodywork, equine taping and equine physiology.

Today, Thirza is a much sought-after international clinician and lecturer. By now, she travels to the UK, USA, Taiwan, Australia, and New-Zealand on a regular basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.



Thirza provides lessons in:

- | | | |
|--------------|----------------|----------------|
| ✓ Assessment | ✓ Groundwork | ✓ Work in Hand |
| ✓ Lungeing | ✓ Long Reining | ✓ Riding |

Lessons will always be adjusted to the mental/physical state of the horse and rider in that exact moment. Please take into account that Thirza will advise based on what your horse needs, which might sometimes be different than what the rider wants.

All breeds, sexes, levels & disciplines are welcome. Please don't bring a horse younger than 2,5 years of age. Furthermore, please take into account the current level of fitness of your horse. If your horse hasn't been trained recently, we'll have to adopt a calm getting-back-in-to-work program to not overwork your horse. Finally, if you own a gaited please inquire beforehand, because certain breeds require specialist knowledge for proper biomechanical assessment.

More information about Thirza can be found on: www.thirzahendriks.com

COURSE DETAILS

Day 1/2 – Private lessons – November 18th-19th 2020

For those that can't make the clinic or wish to receive additional tuition there are twenty timeslots for private lessons available. To apply for the private lessons, it is required to have participated in the seminar – either this clinic or past.

Timeslots will be allocated to personal preference. Please contact organizer Emma Kay at: emma@duwell.co.nz

Timetable:

09.00-13.00 Private lessons

13.00-13.30 Lunch

13.30-17.00 Private lessons

Day 3 – Seminar - November 20th 2020

Studying biomechanics as the key to enhance a deeper relationship, understanding and performance with your horse. It offers everything you need to know to develop a better feel based on the horse 'inside-out' principle.

The seminar will be in a completely new format – so for those of you already attended you will enjoy new materials. To enhance an interactive approach, you will be divided into smaller groups to discuss assigned case studies of several horses to train your skills for assessment and a proper treatment and/or training plan. Furthermore, the seminar will include equine physiology.

A few keywords:

- ✓ Equine Science ✓ Gait Analysis ✓ Biomechanics ✓ Anatomy
- ✓ Variation & Pathology ✓ Case Studies ✓ Equine Physiology
- ✓ Setting up a proper treatment / training plan ✓ Functional exercises

Timetable:

09.00-17.00

There will be an hourly lunch plus two short coffee breaks in between.

Day 4 – Practical clinic – November 21st 2020

All participants will receive two private lessons for either rehabilitation purposes to restore functionality or to strengthen your horse to allow it to move with optimal efficiency and minimal effort. Lessons will be taught from a classical dressage background combined with the practical application of modern day science. Questions can be asked all day by both participants and spectators.

****note**** if it is your first time participating in the clinic the first full lesson will consist of a thorough assessment to learn more about your horse inside out. This gives Thirza the opportunity to see and feel the horse moving without a rider and to decide on an appropriate training schedule for the next two lessons.

If you are a returning student, than usually half of the first lesson will be needed to re-assess your horse and consider any changes and get an idea of progress.

Timetable:

09.00 - 13.00 private lessons (1st lesson all participants)
13.00 - 13.45 lunch – not included in price
13.45 - 17.45 private lessons (2nd lesson all participants)

Day 5 – Practical clinic – November 22nd 2020

All participants will receive one private lesson for either rehabilitation purposes to restore functionality or to strengthen your horse to allow it to move with optimal efficiency and minimal effort. Lessons will be taught from a classical dressage background combined with the practical application of modern day science. Questions can be asked all day by both participants and spectators.

Timetable

09.00 - 13.00 private lessons (3rd lesson all participants)

13.00 - 14.00 Discussion & Closing

VENUE DETAILS

Please note that all activities will be given at separate venues:

Day 1&2 – Private lessons

Emma Kay
61 Westhead Road
Waiuku 2683
New Zealand

Day 3 – Seminar

Papakura RSA
40 Elliot Street
Papakura 2110
New Zealand

Day 4&5 – Practical Clinic

Ambury Park Centre
Mangere Bridge
Auckland 2022
New Zealand



MEALS

- Day 1-2 Private lessons** → No amenities will be provided. Please bring your own.
Day 3 Seminar → tea/coffee as well as a buffet lunch will be included in the price.
Day 4-5 Clinic → tea/coffee will be included. Please bring your own lunch.

INVESTMENT

For tax and insurance purposes, prices will be charged in EUR. Upon purchase of a ticket, it will automatically be converted into the local currency of NZD by your bank.

1-day – Seminar only

€ 60 (+/- \$104 NZD)

Maximum 40 people

3 day participant – Seminar & Practical Clinic

€ 275,00 (+/- \$475 NZD)

Maximum 8 people

3 day spectator – Seminar & Practical Clinic

€ 110 (+/- 190 NZD)

Maximum 17 people

Private lessons

€ 75 (+/- 129 NZD)

Maximum 20 lessons



Each ticket and its conditions are specified on the website.

APPLICATION

You can sign up directly using this link: <https://www.thirzahendriks.com/events-1/interactive-seminar-papakura-2-day-clinic-auckland-2>

By applying the registration form, the participant agrees with his/her obligation to pay for the course.

CANCELLATION POLICY

A 30% refund will be given upon cancellation of the participant up till 12 weeks prior the event. Any cancellation on behalf of the participant within 12 weeks prior to the event will not be refunded. However, if the participant can find a suitable replacement for taking over the spot the fee can be refunded.

Upon the unlikely cancellation of the event by the organizer, a full refund of the participation fee will be given within 14 days. Additional costs like flight tickets / overnight stay will not be refunded.

You are strongly advised to close on a cancellation insurance.

