



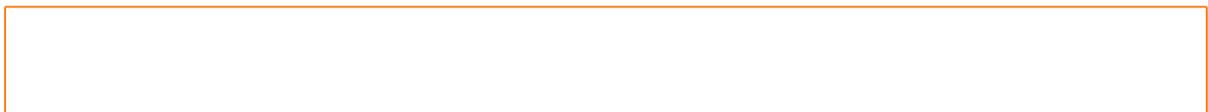
# Classical Horse Training

*Combining art with science to achieve balance and harmony*



## **ONLINE SUPPORT PROGRAM**

*"Live as if you were to die tomorrow. Learn as if you were to live forever."  
— Mahatma Gandhi*



## INTRODUCTION

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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 or don't understand the signs what horses are trying to tell us. We might hit many bumps in the road such as injuries, trauma, fear, stress, and/or disconnection.

During this course, I will challenge you to learn more about your horse 'inside-out'. In my approach, I will present functional training through the practical application of modern day scientific discoveries.

This program will not provide a certain method or magical formula. Instead, this course aims to truly consider the horse as the greatest teacher. As such, it is not about reinventing the wheel, but to get it – back - rolling in the right direction.

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 program, 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.



In summary, **it has to be said that the journey will not always be easy, but utmost rewarding** - often in unexpected ways. Biomechanics is complex as we're talking biology in which nothing is truly black and white with an infinite number of grey. So I can't guarantee you that it will always be simple, but I'll aim to make it as simple as the complexity allows from the horse's

perspective.

I can guarantee that you will start to see your horse in a different way – a new path that can't be undone. Something that is not necessarily easy, but will give you magical moments in true dialogue along the way. Let's try to evolve and do right by our horses. Let them teach us their beauty and unravel the secrets of their body and mind. Let them teach us how to appreciate and understand them. Because we owe it to them.

I would be most humbled and grateful to assist you and your horse in this wonderful journey with all I can offer. In this brochure you'll find all information you need to set you up for success. I am looking forward in 'meeting' you soon!

Warmly,  
Thirza

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## LEARNING GOALS

- A better and deeper understanding of your horse through the 'inside-out' principle
- Improving yourself as a trainer in the aspects of bodywork, work in hand, lungeing, long-reining and riding
- Developing your senses – eye, hear, feel and smell – to properly assess horses
- Developing knowledge and skills on the essence and execution of functional exercises and practical application of equine physiology.
- Performance in balance through self-carriage by rewiring muscle memory and achieving lightness
- To achieve or deepen a harmonious relationship with your equine partner by establishing and refining an interactive dialogue through which both find a higher mental state of calmness and self-awareness.

## **BENEFITS**

- A course where the well-being of your horse truly comes first
- A tailor-made individual approach
- Support and warmth of a close group of likeminded people
- You will achieve more progression due to in-depth character
- You will be inspired by witnessing progression of other participants
- Discounts on dissections and masterclasses in The Netherlands

## **MEMBERSHIPS**

There are two formats available:

1. **Explorer Membership**
2. **Support Membership**

**The explorer format** is suitable for those who are keen to conduct self-study so that you can learn on your own pace. As an explorer you'll get access to the full library containing all videos and manuals as well as full access to the forum, Facebook page and webinars. However, personal one-on-one feedback – online lessons - as well as personal skype sessions and access to the archive are not included, but can be purchased separately per video for an additional fee of €75 per video. Please see sections 'online lessons' for a more detailed description of this service.

**The support format** is suitable for those keen to conduct self-study and receive intensive personal and individual guidance through online lessons. When purchasing the support format you'll receive maximum benefits and get access to the full library containing all videos and manuals as well as full access to the forum, Facebook page and webinars. In addition, You will receive one-on-one private online lessons in which you will receive personal 'live' feedback and have regular online meetings with me via Skype to discuss anything related to you and your horse(s). Furthermore, you'll also get access to the online lesson archive in which you can find numerous online lesson videos provided with feedback from your fellow students.

The support membership includes 8 online lessons and meetings. It is up to you how you spend those with a maximum of two per month. For example, you can decide to send in one video each month, or if you missed out on a certain month to send in two the next month. However, more than two videos is now allowed. The lessons are not interchangeable and cannot be refunded so it is up to you to spend them within the time frame of the course. Please see sections 'online lessons' for a more detailed description of content.

Below you can find a **short summary of product overview:**

<b>EXPLORER</b>	<b>SUPPORT</b>
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FULL ACCESS TO LIBRARY	✓	FULL ACCESS TO LIBRARY	✓
ACCESS TO FORUM & FB PAGE	✓	ACCESS TO FORUM & FB PAGE	✓
MONTHLY WEBINARS	✓	MONTHLY WEBINARS	✓
ONLINE LESSONS: € 75 per video	✗	ONLINE LESSONS: 8 included	✓
ONLINE MEETINGS: Per purchased video	✗	ONLINE MEETINGS: 8 included	✓
ACCESS TO ARCHIVE:	✗	ACCESS TO ARCHIVE	✓

## CONTENTS

The online course consists of several elements that will cover both theory and practice:

- 1) Online lessons
- 2) Demonstration videos
- 3) Manuals
- 4) Assignments
- 5) FAQ
- 6) Forum
- 7) Dissection case studies
- 8) Live webinars
- 9) Archive



The explorer membership consists of elements: 2,3,5,6,7,8.  
The additional elements of 1,4,9 can be purchased separately.

The support membership consists of all elements.

## ONLINE LESSONS

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The online lessons are designed to enhance your progress and receive one-on-one guidance as you would in a regular 'live' lesson.



For each lesson you can send in a **maximum of 20 minutes video**. There is no vast script to follow, however, for all new horses listed into the program the first video will always have to include a short assessment so that I can analyse muscle tone, posture and gaits to have a clear picture about your horse's anatomy & biomechanics.

Furthermore, it is a good first assignment for YOU to start observing and feeling. The assessment is an additional bonus and free of charge within the support membership.

After the initial assessment, you can either upload a video of a regular training session aimed at receiving general tips to improve or ask for advice about a specific issue/problem. In case of the latter, please make sure that the issue is clearly demonstrated in the video.

Training sessions can be in hand, lungeing, long reigning, ridden of a combination of multiple [for example: you start in hand and then mount and show some exercises ridden].

Finally, you can also use your video lessons for anatomical & biomechanical assessment of multiple horses as well as potential purchase prospects to get feedback on suitability for your specific goal, selecting form to function.

You can take the videos with a simple (phone) camera and upload them to either Youtube or Vimeo. Clear instructions will be provided within the course.

After I've watched the video(s) you will receive extensive feedback in your way of choosing: **written or audio commentary**.

If you choose written commentary, you will receive feedback within 10 days of application. If you receive audio commentary, you will receive feedback within 5 days of application.

**Feedback on each video will include the following elements:**

- **Overall impression** → does it look harmonious, balanced and light; is there a good relationship and dialogue with the horses visible; is there place for fun and relaxation?; mental and physical state of your horse: is your horse comfortable, focussed and healthy or are there any signs of discomfort, pain, miscommunication or resistance?
- **Training build up / sequence** → is it logical and well-structured ; does your horse move better after the end of the training session; is duration of the exercises well-balanced; Is it diverse enough?
- **Execution of exercises** → are they correct in essence and technical execution; do they improve biomechanics of your horse
- **Your skills as a trainer** → Mental and physical state of yourself; Do you have a good inner picture and intention; are you calm and clear enough to your horse; is there a true dialogue; do you apply aids correctly; how does your own posture and mental state relate to that of your horse; are you listening to your horse?
- **Recommendations** → if it is necessary, I will recommend to go over specific materials within the library that might assist you in your process at that give time

After you have received your feedback – in your method of choice – you can **book an online meeting with me once a month with the duration of roughly 20-30 minutes** in which we will go over the videos TOGETHER so that we have real one-on-one time to learn and dive more into depth in which we can discuss the following:

- **Clarification of feedback** → If anything is unclear to you I can elaborate further.
- **Additional trouble-shooting** → How to improve both mental and physical aspects of your training to benefit your horse
- **Continuation** → Keep doing the same exercises, change them or incorporate new ones
- **Training schedule** → If you need additional help to build an appropriate training schedule

***So in summary, there will be 4 steps to make this work:***

- Filming sessions with your horse
- Submitting videos to an online platform of choice
- Schedule an online meeting to discuss feedback
- Keep going!

## **DEMONSTRATION VIDEOS**

Shot by a professional video team the course provides high quality videos that elaborates on anatomy, discusses biomechanical concepts and demonstrates practical exercises – both passive and active. Besides explaining why and how, I will also elaborate on possible challenges that you might encounter and how to solve them.

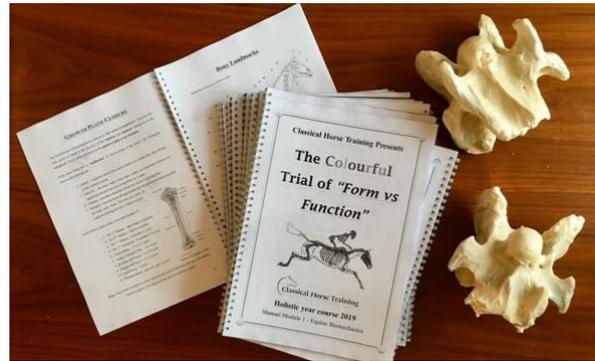
Apart from separate exercises, there will be videos of my own training sessions with a variety of horses as well as me teaching lessons to different students.

The full library consists of more than 35 videos with a duration between 10-60 minutes and gets expanded on a monthly basis.



## MANUALS

The extensive manuals are complementary to the videos. They go hand-in-hand and provide additional information so it is key to not just watch the video but also to read the manuals.



The full library consists of more than 16 manuals making up for **more than 400 pages of content**.

## FREQUENTLY ASKED QUESTIONS

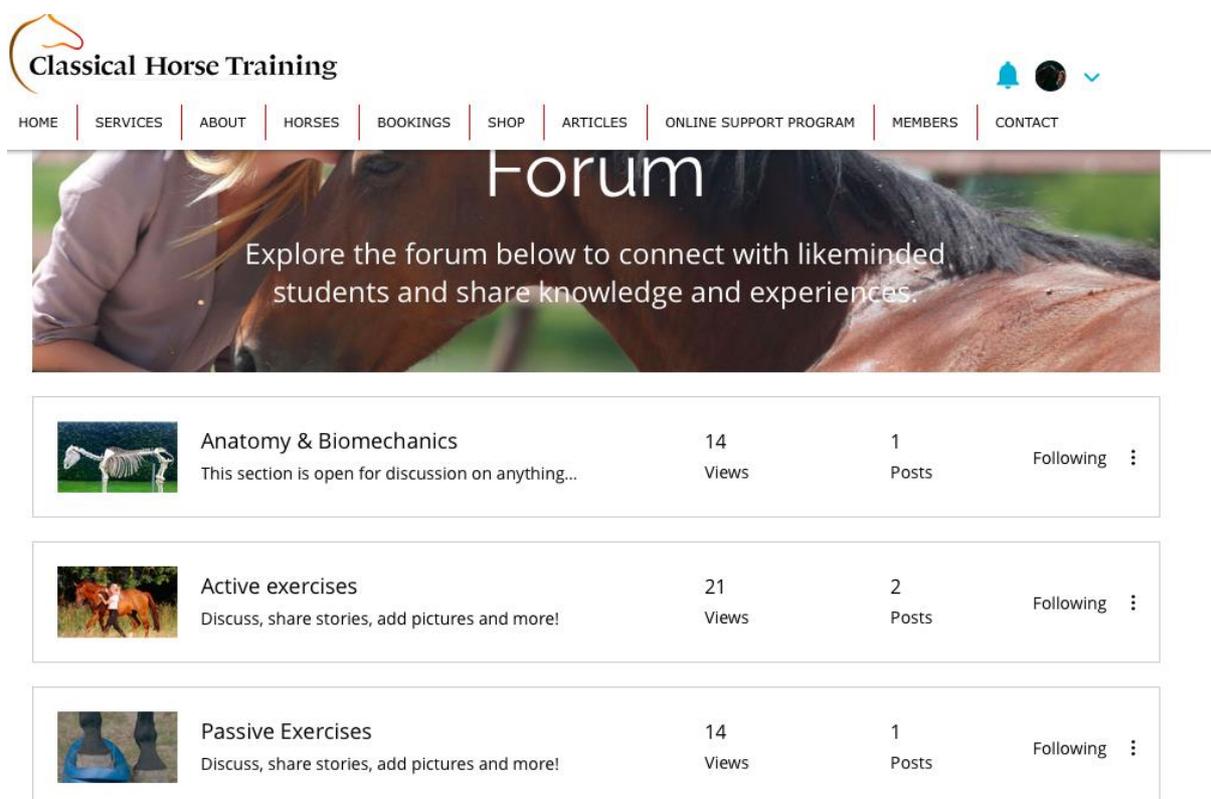
The Frequently Asked Questions sections will contain some extra information answering a lot of questions that might come up. Reading through them is recommended as they contain a whole lot of extra information.

## FORUM

You'll get access to an exclusive forum where you can share experiences with fellow participants and ask additional questions. It is meant as a platform to connect likeminded people and to have extra support on your journey. This way, when you're having a bad day, there are people that will have experienced the same feeling and can tell you it's okay and support. On the opposite, when you're having a great breakthrough we'll be there to enjoy it with you and you can inspire others.

Furthermore, additional short videos and informational blogs will be posted on a weekly basis.

The forum will be hosted through a closed Facebook Group as well as the online platform provided through the website after signing up.



The screenshot shows the website for Classical Horse Training. The header includes the logo and a navigation menu with links for HOME, SERVICES, ABOUT, HORSES, BOOKINGS, SHOP, ARTICLES, ONLINE SUPPORT PROGRAM, MEMBERS, and CONTACT. There are also notification and profile icons. The main content area is titled "Forum" and features a banner image of a person with a horse. Below the banner, there are three forum categories listed in a table-like format:

Category	Description	Views	Posts	Status
	Anatomy & Biomechanics This section is open for discussion on anything...	14 Views	1 Posts	Following
	Active exercises Discuss, share stories, add pictures and more!	21 Views	2 Posts	Following
	Passive Exercises Discuss, share stories, add pictures and more!	14 Views	1 Posts	Following

## DISSECTION CASE STUDIES

You will receive exclusive materials of every dissection I do. At the start, two past case studies will be available and they will be updated every 3 months. The case studies will consist of images and video material when the horse was still alive, complemented by the assessment of the horse and the reason for dissection. It will continue with pictures and videos of the actual dissection with a written report of all the findings. All muscles will be named on the pictures so it will provide a very



valuable and unique extra learning tool to learn more about the horse 'inside-out'.

At the start of the course, two case studies are included:

- Tarantella
- Balance

## WEBINARS

Every month I will host a live webinar in which we can come together as a group asking questions and discussing all aspects of either the course or anything horse related.

The webinars will be recorded and archived in the video portal as well for those unable to 'attend' live. Furthermore, additional speakers will be invited every now and then.

An oversight of webinar dates and times – CET – will be provided within the course.

## FOR WHO?

The course is open to anyone willing to learn and think outside the box. Whether you are a professional wanting to broaden your knowledge or expertise or a passionate horse lover wanting to help your horse(s) the best you can.

Horses of all disciplines, levels, breeds, sexes and ages are welcome. However, I am not a specific expert in certain gaited horses so please contact me beforehand if you want to partake with a specific breed.

Furthermore, **only a limited amount of places are available.** The reason behind this is simple: the risk of online programs is that they become rigid in the sense that they do not take into account the individuality of each horse and human. Their structure might be appealing as it provides a logical step-by-step approach of training horses, but at the same time these approaches will not work for every horse and you'll risk 'over' practising on exercises that are not suited for you and your horse (at that given moment). In this way, the horse is being used to suit the method, rather than using the individuality of each combination as a starting point.

Therefore, I want to truly offer an individual tailor-made approach in which I get to personally know all humans and horses involved, as if I would be there with you physically like in a normal clinic or lesson.



## STUDYHOURS

This course is based upon self-study so that you can follow it at your own pace. To watch and read all materials will require at least 2-4 weeks of full-time study.

Assignments and training session will require at least 20-30 min each, but can be done at your own convenience.

## WHAT DO YOU NEED?

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### 1. (Video) camera

A good phone camera is also allowed. Specific instructions on how to film will be available. However, it is very easy, you don't have to be a professional filmer. Don't have anyone to film? Set you camera on a standard close by!

### 2. Internet connection for phone calls

Our online meeting will be through either Skype or Facebook Messenger.

### 3. Youtube or Vimeo account

To upload your videos and send me the link so I can watch. Specific instructions on how to upload will be available.

### 4. Enthusiasm, Patience & Willingness to learn

Horse riding is often referred to as an art that takes year to matter. The journey will not always be easy, but definitely worth. With the right mind set, anything is possible.



## INVESTMENT

**Explorer membership: € 495,00**

**Support membership: € 925,00**

Both memberships are valid for 12 months.

## REGISTRATION

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You can register here: <https://www.thirzahendriks.com/plans-pricing>

## LIST OF KEYWORDS

### MENTAL BALANCE

Mental states of horse and human  
Learning behaviour  
Psychology models  
Relaxation & Breathing  
Proprioception & Muscle Memory  
Equine neurology

### TRAINING PILLARS

Groundwork  
Work in hand  
Lungeing  
Long-Reigning  
Riding  
Tackless

### TRAINING SKILLS

Posture & Seat  
Rein aids  
Breathing  
Voice

### PHYSICAL BALANCE

Equine Anatomy & Biomechanics  
Human Anatomy & Biomechanics  
Bodywork & Passive physio  
Self-carriage & Lightness  
Rewiring muscle memory

### EXERCISES

Horizontal/ Vertical Balance  
Lateral bending  
Lateral exercises  
Collection / Extension  
Integrative pole work  
Sequences  
Transitions

### GENERAL

Classical dressage  
History/Evolution  
Balance  
Lightness

