

THE SECRETS OF BENDING™

Clinic & Lecture Series with Holly Mason

Equine Bending & Suppling:
How to do it,
How to teach it,
&
Why it is so important!

BENDING • INCREASES RANGE OF MOTION •



Holly Mason specializes in the biomechanics of horse and rider. Her extensive equestrian experience, coupled with her design background, offers riders solid techniques for creating enjoyable & successful equine athletes. Bending and suppling training will improve your transitions, create more fluid canters, augment the lengthenings, and so much more.

Whether you are a top competitor or an enthusiastic amateur, the Secrets of Bending program gives riders better tools for working with horses. All horses can benefit from this program and Holly keeps the work fun and accessible.



BENDING • THE KEY TO SUPPLENESS •



BENDING • IN THE JOINTS & IN THE SPINE •



BENDING • CREATES FLUIDNESS • VALUABLE FOR ALL DISCIPLINES •

www.dressagebydesign.com



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Most riders understand why teaching the horse to lower its head and neck and elongate over the topline is essential – it is the lateral bending that is often disregarded and misunderstood. Correct lateral bending simply gives the horse's back the ability to move more freely. The architecture of a well-balanced horse is built through suppling side-stepping and rhythmic bending exercises.

The *Secrets of Bending* program focuses on understanding of those rhythmic moments that allow horses to execute these side steps more easily. This program is fun & informative and will help you and your horse become happier partners.



Big canters are terrific for suppling the horse's pelvis.



Riding boldly sideways works the horse's hips and entire lower back.



Stretching long and low on a curve develops effective spinal relaxation.

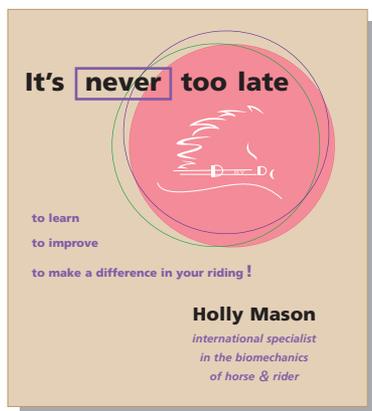


It's **never** too late *by Holly Mason*

• Revised & Expanded 2nd Edition Now Available •

*The biomechanical concepts of riding
and training made easy to understand,
with detailed drawings and photos throughout.*

BOOK: IT'S NEVER TOO LATE



“Paying attention to details as Xenophon already suggested in 400 B.C. is introduced by Holly Mason in exciting new ways, providing the reader with fresh food for thought.”

Kark Mikolka, Oberbereiter SRS

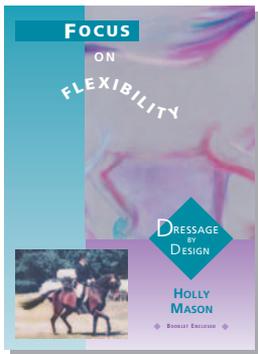
“This book will give you a lot more to think about when you’re in the saddle.”

Practical Horseman

“A fascinating book!”

Jane Kidd, British Dressage magazine

DVD: FOCUS ON FLEXIBILITY



“Your video is beautifully photographed and well put together. The explanations of the exercises, as well as the work with the horses, are clear and perfectly paced. You had a gorgeous and elegant place at which to film the outside work. It was seductive and turned, what in another setting could have turned into just another lecture, into a warm, informative and intimate conversation with the viewer. Good work! I know that you worked hard on the video and like any fine Kur, it looks effortless.”

Barbara Williamson, Toronto, Canada

It's Never Too Late & Focus on Flexibility are available at:

www.dressagebydesign.com

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