

# 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!



*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 always keeps the work fun and accessible.*

[www.dressagebydesign.com](http://www.dressagebydesign.com)



*A soft, correctly elevated forehand allows for larger crossover steps behind.*



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**CLINICS with SEMINARS:**

- Smithfield, RI
- Scituate, RI
- Harvard, MA
- Hanover, MA
- Pittsfield, MA
- Manchester, CT
- Amsterdam, NY
- Saratoga, NY
- Concord, NH
- Enfield NH
- Woodstock, VT
- Pittsburgh, PA
- Indianapolis, IN
- Minneapolis, MN
- Missoula, MT
- Denver, CO
- Salt Lake City, UT
- Seattle, WA
- Kelowna, British Columbia

**CORRECT BENDING AND  
SUPPLING BUILDS SUPERIOR  
EQUINE ATHLETES FOR  
ANY RIDING DISCIPLINE**



*Lungeing helps build the correct muscles for horses to carry riders more easily.*

**LECTURES AND DEMONSTRATIONS**  
*as a Featured Biomechanical Expert:*

- Ross University Vet School - 2002
- Post University - 2003 & 2004
- Equine Affaire:
  - Massachusetts, 2005 & 2006
  - Ohio, 2009
- Tufts University Vet School - 2008
- University of New Hampshire - 2009
- Cornell Equine Symposium - 2010

**The Secrets of Bending  
clinics are always custom  
designed for your facility,  
riders and students.**

# THE SECRETS OF BENDING

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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.*



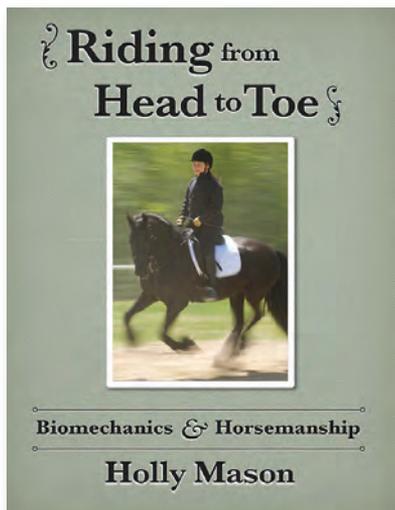
*Riding boldly sideways works the horse's hips and entire lower back.*



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



NEW eBook



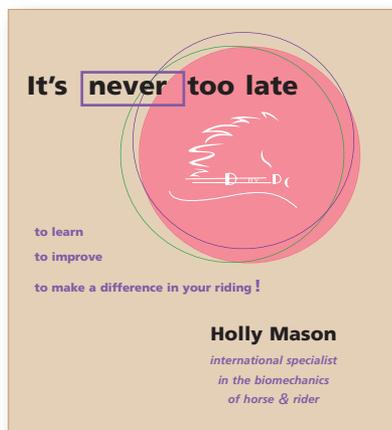
# Riding from Head to Toe

*Understanding biomechanics is simply good horsemanship and is always a tremendous kindness to horses.*

*This new eBook is dedicated to showing more precisely how the bodies of horses and riders work together. Holly's teaching mission has always been to make the process of learning as visual as possible. And, the eBooks format offered wonderful ways to use compelling photos, clear diagrams and bold illustrations, as well as embedding video clips.*

*"Riding from Head to Toe" is available through iTunes.*

HOLLY MASON'S 1ST BOOK



## It's **never** too late

• Revised & Expanded 2nd Edition •

*Holly's first book was written to show and explain the biomechanical principles that form the foundation of classical riding & training. Detailed drawings and photos throughout make biomechanics easy to understand!*

*"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

Riding from Head to Toe & It's Never Too Late are available at:

[www.dressagebydesign.com](http://www.dressagebydesign.com)

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