

My second year as a presenter and clinician at Equine Affaire began on a very warm day. The footing was wet and the Agway Feed booth across the aisle had a “Wheel of Fortune” that spun white cards and made ticking noises... Rinze, Heather Farrar’s 9 yr. old Freisian, was smart enough to not really run in the slick footing but he never fully relaxed.



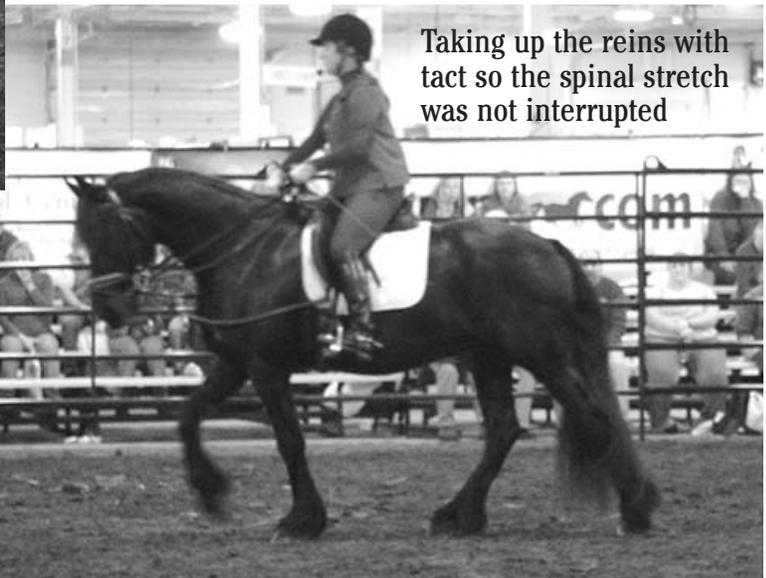
The lungeing cavesson does its job in providing correct control of the head, neck and shoulders.



Releasing the poll, as well as the 1st & 2nd vertebrae in-hand, allowed a more fluid spine, as Rinze began to shift laterally.



A lovely swinging back on the long lines



Taking up the reins with tact so the spinal stretch was not interrupted



Work-in-hand to release the shoulders helps create wide lateral steps that increase flexibility in the spine, especially under the saddle.

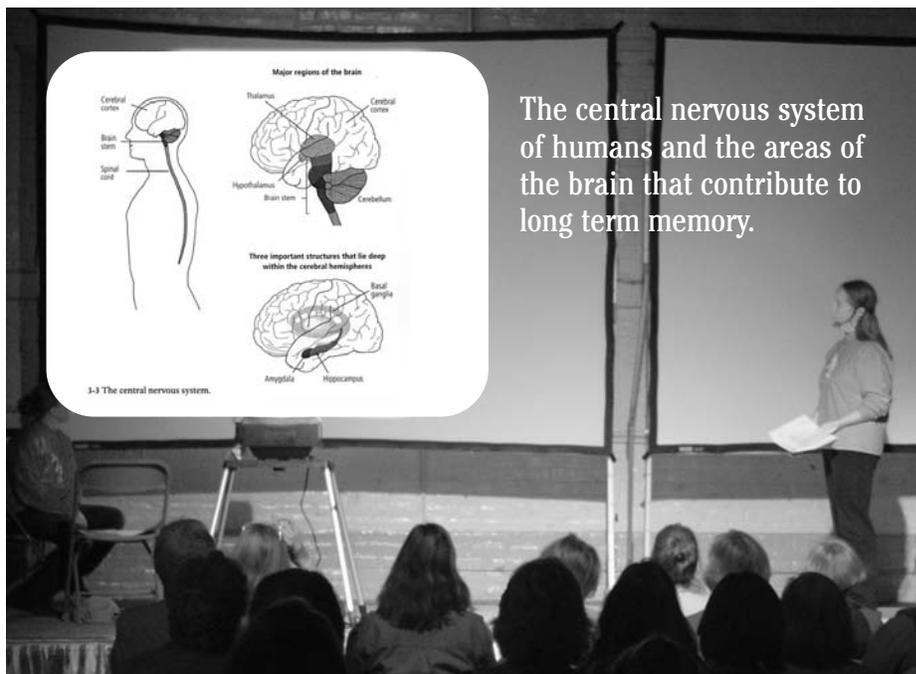
Since Rinze was so agitated, I added to my demo about soft bending draw reins (a logical crossover from the long line lungeing) by illustrating issues of equine fear - the whys and wherefores of equine vision & perceptions and how you can give them confidence by how you use your legs and body.

At the end of my ride, Rinze softly executed full pass in both directions and then spontaneously offered his first real piaffe!

## My Equine Affaire presentations:

- How We Learn, How Horses Learn
- Solutions for Rider Neck & Back Pain

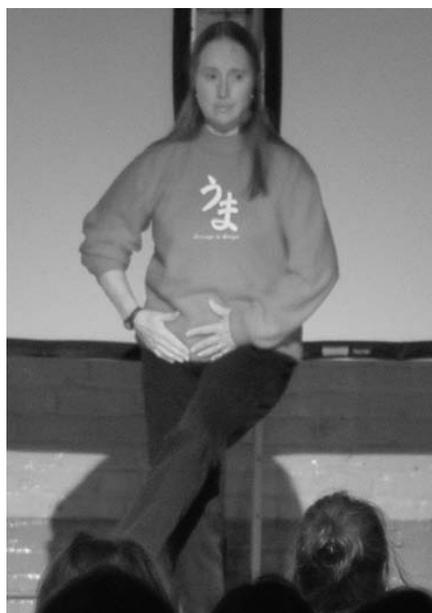
Another year of full houses for my lectures, very gratifying indeed!



The central nervous system of humans and the areas of the brain that contribute to long term memory.



I always work hard to keep lectures light and participatory – at left, the audience joins me in “hands on hips” – this is actually “hands on the top of the pelvis”...the photo below shows how to find the actual hip – it’s where we bend in half.



Dancing around like a horse, I illustrate why lateral work supples horses’ hips AND creates carrying strength in the lower abdominal muscles of the non-crossing hind leg.



Quintessence (owned by Julie Hetrick) was an equine star. “Tess”, a 15 yr. old Swedish Warmblood mare, was very trusting and worked hard at helping me. Because she knew this work, she often made me generous offers and really seemed to enjoy performing for the crowd.



Pushing on the actual hip and creating a weight shift sideways



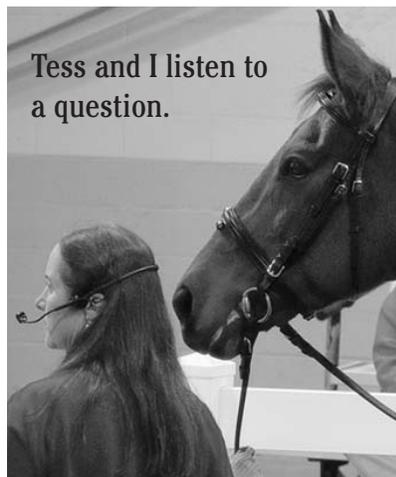
Explaining the anatomical imperatives of correct saddle fit. Journey's End Farm Barn Manager, Laura Donovan holds the horse for me, as Tess gets used to all the people.



Making a gentle curve in the spine as the horse moves sideways contributes to a flexible and strong back, as well as creating mobility in the horse's shoulders, rib cage and hips.



A longitudinal back stretch to open up the spinous processes and release the spine.



Tess and I listen to a question.

The venues were full for all my clinics and presentations. Folks watched intently, laughed at my jokes and asked terrific questions.

For the 2nd year, the enthusiastic response to my biomechanical work, for the good of horses, was simply remarkable.