



Equine Self Expression

Supporting Your Horse from the Inside Out with Ground Work

The Fundamentals of 'Riding from the Ground' and Enhancing Under Saddle Work
\$325.00 Per Participant, Materials Included.

For more information on how to sign up for this clinic, please open or download the PDF application form.



“The days of jumping on a horse and warming him up before I actually start my ride are long gone. As I reflect on the effect of warming up a horse who is not in a weight bearing posture, not using his muscular skeletal system efficiently and as a result is in destructive compensation patterns, I recognize the damage I could have prevented at many levels”. *Debbie Davies*

How many people have ever had that experience? Have you ever just got on and gone riding? Have you been taught that is the thing to do? Fast forward the clock, I have discovered through years of riding, training, listening to horses and observing patterns, and having amazing teachers along the way, that a few short moments of ground work to prepare the horses' mind, emotions and body for the ride can not only change the physical results of your ride, support relaxation, suppleness and straightness, but it can affect the overall health and longevity of your horse.

“I don't have time for ground work” is a phrase I hear often, and I appreciate there is only so much time you have available to spend with your horse and ride. The truth is, I believe we don't have time 'not' to do groundwork, if we mean to give our horse the best possible opportunity for relaxation, correct form and function and optimal mental, emotional and physical health and well-being.

I have therefore put together some ground work sequences that can be done in as little as 5 minutes if that is all you have, or in an entire 45-minute session if that's what you have available. In order to understand the depth and impact of these sequences on the body, mind and emotions of your horse, it is essential to understand the levels of the nervous system we are influencing. We will be looking at those in this 3-day ground work clinic, which is divided into 3 sections.

Section I

- ~ How should the body move? Are the patterns mental, emotional or physical?*
- ~ Developing your eye to recognize potential blockages, and how to release them.*
- ~ Application of hands on ground work to re-inform the systems.*

Section I

- Understanding how the body ‘should move’ and recognizing whether patterns are mental, emotional or physical.
- Developing your eye to recognize those potential blockages and how to release them.
- Application of hands on ground work to re-inform the systems.

In this section students are invited to work with parts of the equine skeleton to see and feel the bones, joints and articulating surfaces, observe the motion capabilities and then examine many of those same junctions and joints on different horses. In comparing the physical application of movement from skeletal bones to ‘live’ horse, students are coached to recognize the possibility of emotional and mental etiology versus physical. Which came first, mental, emotional or physical?

As students develop their eye to recognize potential blockages in the system, hands on application of exercises will be taught to release bracing and tension patterns in preparation for neuro muscular reorganization.

Section II

- ~Re visiting the **Foal** - Faith, Observation, Attention, Lesson.*
- ~Recognizing weight bearing posture - Static and Locomotive.*
- ~Ground work for neuro muscular reorganization.*

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- Recognizing weight bearing posture - Static and Locomotive.
- Ground work for neuro muscular reorganization.

Day 2 draws our attention to some basic primal and instinctual principles in the horse. These are foundational evolutionary teachings transmitted from a mare to her foal in the first hours of life. Understanding and respecting these principles is a necessity if we are to have a strong foundation for a relationship with a horse. It is our responsibility to learn how they learn. Once

that has been established, the partnership moves into phase 2, which will be shared during the clinic.

It is in phase 2 that we can more accurately assess static and locomotive postural patterns for what they are, and begin to include ground work exercises to support the neuro muscular reorganization within those patterns.

This day will include some short lecture time as well as hands on observation and practice with horses.



Section III

- ~Assessing the horse - what does he need today?*
- ~Fine tuning handling, and application of ground work,*
- ~Short and long ground work routines.*
- ~Introduction to the next step – ‘In hand Work’.*

Section III

The final day of the ground work clinic is a hands-on practice day. This time will be spent supporting you in trusting your evaluation of the horse as he or she presents in the moment. This will be an opportunity for you to put into practice all you have learned the previous 2 days. As you begin to trust your own observation and feel, we will fine tune handling and technique, and practice some short and long routines.

It is most important that each participant leave the clinic feeling confident in the information and exercises learned, and able to trust themselves as they return home and put the work into practice with their own horses.

As a conclusion to the clinic, there will be a short discussion on the progression from ground work to in-hand work and the differences between the two.



To host this clinic,
please contact Carissa, at
Equineselfexpression1@gmail.com

Or Debbie Davies at
Equestrianeducation@juno.com