

The Michiana Dressage Club, Inc.

Proudly presents

Develop Better Riding Balance

with

Dressage Professional *Elizabeth S. Grainger*



Elizabeth S. Grainger and Charles Big Slugger

Balanced Riding = Better Riding = Greater Sensitivity with Your Horse

Once again MDC is offering Lunge Line Lessons focusing on classical rider equitation and seat development.

This clinic will be held

Saturday March 29, 2008

proudly hosted by

Chardon Valley Farm 44767 76th Ave, Decatur, MI 49047

THIS YEAR YOU HAVE A CHOICE OF LESSONS TO SUIT YOUR NEEDS

OPTION 1:

Private 30 minute lesson

MDC Members: \$30

Non-Members: \$40

OPTION 2:

Private 45 minute lesson

MDC Members: \$45

Non-Members: \$55

For Additional Information contact Julie Bunnell (574)278-7567 (or email frontier_carriage@yahoo.com)

Ride Times & Schedules will be emailed prior to the clinic.

Better Balance Workshop

Sign-Up Sheet

Name: _____ Address: _____
City: _____ State: _____ Zip: _____ email: _____
Phone Number: (_____) _____ Michiana Dressage Club # _____
Horses Barn Name: _____

Please take a moment to provide a brief biography/background information of you and your horses' riding and training experience in addition to your current riding goals on the back of this flyer. This information will assist Elizabeth in creating an individualized lesson.

Lessons (see rates above)

Option 1 or Option 2 (circle one)

Member or Nonmember (circle one) \$ _____

Stabling \$10.00 (LIMITED) \$ _____

(Contact for availability. No overnight stabling.)

Total \$ _____

Make Checks Payable to: Michiana Dressage Club

Send your entry to: Julie Bunnell

5948 E 775 N

Monticello, IN 47960

PHILOSOPHY

Elizabeth offers dressage training programs tailored to the needs of each horse and rider in a positive, fun, supportive and professional environment. Athletes, horses and riders alike, require individual training programs and solutions to build effectively upon their talent, scope and desire. There is no discrimination between breed, level of experience or discipline. Elizabeth works with clients in all stages of the dressage training experience, from identifying prospective mounts for clients, to introducing youngster's first steps under saddle, to fine tuning the final steps before entering the ring. In lessons, she communicates to the rider not only what to do, but also the *whys* and *hows* of dressage training. Elizabeth will explain equestrian biomechanics; how a horse can be encouraged to move properly by a rider who is sitting correctly. Students are taught with a combined focus on developing a good seat and position, learning horse training skills and increasing their theoretical knowledge so they can optimize their ability to ride effectively thus improving their performance. She aims to have each horse happy in his work while expressing correct basic training. She wants to help riders achieve their goals whether or not this includes competition. Developing an enjoyable, harmonious, and fulfilling relationship between horse and rider is the ultimate result.

Dressage education of the horse is the foundation of all other training. The beginnings of dressage training require establishing consistent rhythm at all three gaits, relaxation and a swinging back, suppleness both laterally (side to side) and longitudinally (flexion) and obedience to the rider. The horse must be round, it must be taught to engage deeply from behind and push its back up under the rider. Only then the horse is truly balanced and able to accept the riders commands without tension or resistance. Elizabeth encourages development of the horse's top line over time and through gymnastic exercises.

EXPERIENCE

- * 2007 National Ranking of Ninth Place from the USDF Adequan All Breeds Award, AQHA, First Level, Professional Division
- * Successfully competed at dressage, hunter/jumper, eventing and pleasure riding
- * USEF Professional member
- * USDF Professional member
- * AQHA Professional member
- * Continuing dressage education with USDF instructor Catherine Sutton
- * Indiana 4-H Horse and Pony Leader
- * Past member of the University of Notre Dame Equestrian Team
- * State of Indiana certified educator