

Rider Body Awareness Workshop

with Diane Sept

Briar Creek Farm

April 20-22 2023

**Participant may choose mounted or unmounted/no horse required session.*

We focus so much on our horses, but how is our body impacting our horse's movement?



Through this workshop, riders will deeply understand their **active posture**, making it easier for the horse to move in harmonized motion. Even the most dedicated and talented riders may not be exposed to how much better they can optimize **their own active posture**. Through this workshop, riders will deeply understand their **active posture**, making it easier for the horse to move in harmonized motion.

How can we best present ourselves to our horses? How can we ask our horses to release their bodies to us with calmness if we are not able to present that same feeling to them through awareness of ourselves? Is there a part of your body that you think about when you ride and you wonder if it has an impact that carries through to the motion of your horse? Is there a part of your body that brings you pain, or is tight and do you know how that affects your horse? You will learn how to take that bothersome part of your body and make functional changes that carry through to performance and function of the horse as well as your own movement.

The workshop will individually look at biomechanics of the rider vs. biomechanics of the horse and how this relationship can harmonize in connected movement in unity and optimal energy.

- You can choose how you want to spend your hour, either unmounted focusing on your body/issues or mounted focusing on both.
- You may also request your hour to be spent privately with Diane (no others watching) to focus on and discuss your individual body/issues.

Almost all of us have prior injuries - we will focus on rider responsibility through awareness that will allow the horse to take full advantage of release and activation work by improving ourselves and our movements to better blend with our horses movements and needs.

Workshop Format:

Saturday 9-11 AM: Group Session – Body Mapping; Pelvis and Spine (Cost \$30 for group participation)

This session is fun and eye opening for all, and will serve as valuable information for your optional private session with Diane. Last year we focused on feet - our connection to the ground when unmounted- and to the stirrups when riding. What else connects our weight to our horses? Our seat! The focus of this workshop will be on our human body awareness for safer/more effective riding and/or groundwork, and the direct correlation of our bodies to our horses' bodies. Come see how human awareness of our pelvis impacts the horse's movement. This portion is unmounted, please bring yoga mat or towel. Stay balanced without habitual braces

Saturday 11am: Mounted Private Session & Body Balancing - Sign up open

12-1: Lunch & group stretching exercise for participants (please pack a sack lunch)

1-5 PM: Private Sessions (Sign ups open/ \$125 per session, \$10 off if you have already done group lesson in the AM. Please indicate your time preferences/limitations for scheduling)

Sunday daytime: 9am – 5pm Sessions with Diane (by reservation)

Option A: Mounted or with horse/groundwork: - riding, groundwork, or consult. What do you wish was different with your horse? Diane has a gift to find the little things in rider posture that can be changed to have a meaningful impact on your horses movement.

- All horses must have a negative Coggins/proof of Flu/Rhino vaccine within 6 months
- Horses are trailer-in/trailer-out unless other arrangements are made

Option B: Individual (Human) Work - continuation of Body Mapping or further body awareness. Unmounted/no horses, bring yoga mat or towel. This can be done in classroom or in separate room for privacy if requested. (Several are choosing this to work on themselves). You are also welcome to bring your saddle and use our stand if you want to work on balance.

Costs:

- Saturday Body Mapping: \$30 (group session) payable to Diane Sept
- Private Sessions: \$125 per session payable to Diane Sept
 - \$10 off if you have already done body mapping.
 - Please indicate your time preferences/limitations for scheduling
- Rider Registration & Auditing Fee: \$35/day payable to Suzanne Liscouski

Please bring:

- * Notebook & something to write with
- * Some type of mat (yoga mat, towel or pad)
- * Folding Chair

More About Diane:

Diane encompasses a unique skill set as an Alexander Method and Feldenkrais practitioner, coupled with being a certified connected riding instructor. Diane offers a unique opportunity to expand and sharpen our ground skills, riding skills and knowledge of horses. At clinics and in lessons Diane demonstrates riding from the inside to the outside. She teaches body awareness and comfort - for both horse & rider - empowering you to improve your horse's movement while letting go of compressive, energy draining techniques.

The elements Diane uses evolved from several integrated disciplines; TTouch, Connected Riding® (certified instructor), Centered Riding, Feldenkrais and Alexander body awareness. Diane teaches through entertaining short lectures, balancing participants in the saddle, ground exercises and riding. While she works with all breeds, Diane has shown, trained, and judged smooth gaited horses for over 40 years.

Aside from her gifts of body alignment and awareness, she is a licensed IJA (Independent Judges' Association) judge with a senior Dressage license. Her academic background includes Equine Management and Sciences and decades of breeding management, to include one of the largest breeding operations in Canada.

For more information see <http://www.dianesept.com/>
https://en.wikipedia.org/wiki/Feldenkrais_Method
<https://alexandertechnique.com/at/>

What is a body map: A person's body map is their perception, understanding, and experience of their own body shape and size, and how and where their own joints move and how their body functions. Sometimes we have an accurate sense of our body map and sometimes not. ALL of us (including horses) learn to compensate to accommodate our perception of our body. Body mapping provides an anatomical underpinning for understanding balance and movement.

When we have an accurate sense and knowledge of our body map, we move with poise and easy co-ordination. When a person's body map is incorrect, there is an incongruence between their perceptions and their actual body resulting in awkward, tense compensatory movements. For example: When other parts of our body or our muscles tighten to support an out of balance spine, there will be compensation. This will create misguidance to/for our horse, and possible injury/discomfort for us. Body mapping can help you become more aware of the true function of your joints and limbs as well as gain an accurate anatomical reference as you hone your skills.