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# REMEDIAL WORKSHOP

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## ON-LINE

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### Leading the way

The first lesson for these two. 💕💕💕

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I have been asked to do Remedial Workshops many times over the years, but of course, now it is not possible, not until it is safe to travel, and I don't have to sit in quarantine.

All is not lost, there are other ways to do it. After a lot of thinking, planning and video recording instructional videos, I am now ready to host a workshop online. The technology is there, so why not use it!

The Remedial Program I use is the one **BALANCE** have been using for many years, and developed by Carol Brett. It is now known as the Equine Pathway Programme -EPP.

The principles of the programme are very simple and logical. They might even seem too simple to be important. However, they form an essential, but often neglected foundation for preparing horses to carry the unnatural weight of a rider, or pull the unnatural weight of a carriage. The simple elements of the programme also make it possible for horses who have been damaged by riding, saddles and/or injury, to 'remember' how to use their bodies in an efficient and safe way again.



### **Who is this useful for?**

Anybody having a young horse in order to prepare the horse to carry a rider.

As a preparation prior to change into a **BALANCE** saddle. Most ridden horses will have acquired some compensation patterns in their movements, and may have muscular and/or postural damages.

Anybody who has had a **BALANCE** saddle but not achieved the wanted results helping their horse to recover muscles, posture and movements.

Anybody who is just curious and love to learn.

A 'live' workshop would be very intense over a weekend, with 2 sessions per day. This is sometimes a bit much for a horse, and some humans too. What I propose to do here is a workshop spread out over 2 weeks, with short sessions. I am sure the results will be better and you will learn more.

And I for one would like to find out! 😊

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**Keep the middle of the middle, in the middle.**

### Observing with eyes and mind open!

Is the horse being helped by its rider to achieve an appropriate state of constructive COLLECTION?

Or, is it being ridden into a state of de-structive CONTRACTION?

*CAROL BRETT*



Dakota Spirit rarely misses an opportunity for a selfie

### Schedule

1. **Conference call**, most likely in the evening before we do the first exercises with your horse/s. Allow 2 hours for this. I will invite each participant to a Zoom conference call. You do not need Zoom installed on your computer or phone. All participants will have had a copy of the Equine Postural Pathway -EPP, and some other material. We will talk about equipment, contacts what they are and what they do, the quality of contact, the importance of tempo, 3 dimensional balance and more. There will be some videos too, showing how to do a wither tracings, what photos you need to take during the workshop, and of course, the exercises.
2. **The first practical session.** You will have done the wither tracings and photos of your horse, and emailed me a copy of them. We connect with the app that you have installed on your phone or tablet/iPad - could be WhatsApp, Skype, Messenger, Zoom....or any other app that you may have. For this you will need a second person to help you, or if you have access to a robotic camera that can follow you. You will have to be able to hear me, and there are a couple of options how you can achieve this. I also advice that you have an external battery bank, because video calling takes a lot of juice out of your phone. If your phone is low on charge, the video quality will be bad. I will watch you when you work with your horse, and give comments and advice as we go on.

The first exercise will be leading in hand - and although this is something we do a lot, there is a difference between leading as a way of moving the horse from A to B, and leading in a way to help the horse to better balance and straightness. Let's call it FUNCTIONAL leading in hand. We will look at what your horse's habitual pattern of movement is, and what you need to focus on in order to help the horse with the back to front balance.

3. **The Second practical session.** Here we will continue with the walk in hand, focusing on straightness, correct bend through curves.
4. During the week I would encourage you to do as much of the exercises as possible. Of course you should do other kind of work too, such as riding. You will be offered the opportunity to have 1-2 one to one sessions with me, depending on how many participants there are. I will make myself available for you, in the afternoons between 2pm to 4pm, then again from 6.30pm to 8 pm.
5. **Conference call** to summaries what you have found out during the week, and to watch some videos for the next two sessions.
6. **The third practical session.** Take new wither tracings and photos before starting the exercise. Now you walk with a bigger distance between you and your horse, and still have the same quality with rhythm, tempo and straightness. First step towards lunging!
7. **The fourth practical session.** Lunging in a constructive and functional way. You finish with taking a new wither tracing to compare with the previous curves. And photos!
8. Throughout the week that follows, again you work with your horse on your own, but can have 1-2 one to one sessions with me, like we did the first week.
9. **Final conference call** to summaries the 2 weeks.

Each practical session will be about 20-30 minutes long, and can be scheduled to fit in with your own schedule.

Below is an *example* of how a clinic can look like, but can be streamlined, ie the two days in the week could be other days than Tuesday or Wednesday.

	Friday Evening	Saturday	Sunday	Tuesday	Wednesday
First Week	Conference Call 8-9.30pm	First Practical Session 1.30-4 pm	Second Practice Session 1.30-4 pm	Individual sessions at a time that suits you	Individual sessions at a time that suits you
Second Week	Conference Call 8-9.30pm	Third Practical Session 1.30-4 pm	Fourth Practical Session 1.30-4 pm	Individual sessions at a time that suits you	Individual sessions at a time that suits you

End of the clinic      Conference call to sum up the 2 weeks. 8-9pm

There will be no minimum limit, but a maximum of 6 participants. It could be a group of you, or it could be just you and your horse.

If there are a number of participants in different location, then I would be very good if you can connect and watch each others sessions, because you learn a lot from watching other horses.

Each horse will have their individual needs, and this way of working over a longer period of time will allow us to stream line the work for each horse, if needed.

The spoken language will be English, but do not hesitate to participate even if your own English is not fluent. I am Swedish, I understand German quite well, but not fluent speaking, however it has never been a big problem when I meet clients in Germany or Switzerland. For any other languages, we will find a solution for, together.

This is the equipment you need to make sure to have before we start.

1. Smart phone - external power charger or battery is recommended.
2. A willing friend that can operate the phone while you work with your horse.
3. Flexicurve, which you can buy in the web shop on [www.balanceinternational.com](http://www.balanceinternational.com)
4. A3 size paper
5. 1 Leading rope and 1 lunge line
6. Head collar - not a rope halter. Or a Cavesson. Bridle is also OK.
7. Dressage whip and Lunge whip

The price for this workshop will be 250 Euros/participant, payable per bank transfer prior to the workshop.

## How to register for the workshop?

All you need to do is to email to [recoverbalance@aquila-balance.eu](mailto:recoverbalance@aquila-balance.eu) with the following details:

1. Your Name and mobile number for the phone/device you intend to use for the clinic.
2. Your Horse's name, age, breed, any health issues or injuries.
3. Reason you want to participate. For example, young horse to be prepared for riding, or a horse needing to recover muscles, posture and/or recover a more efficient pattern of moving. Or you just want to learn how to get the best out of the EPP - Equine Pathway Program.
4. Your preferred app to connect with for the practical sessions.
5. I also need to know if you are part of a group, or want to join on your own.
6. Your availability for the extra sessions during the week, just so that I can plan ahead.

You will get an invoice with all bank details on, prior to the workshop. I will also provide you with a form for you to sign, that you understand you participate in this clinic at your own risk.

Looking forward to meet you on-line!

Birgitta Bergsten

Senior BRSC

FaceBook:Recover Balance

Instagram: birgittabergsten\_brsc

YouTube:Recover Balance

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

FaceBook: The BALANCE Saddle Company

YouTube:Functional and Constructive Saddling