



HEALTHY POSTURE – HEALTHY HORSE
HEALTHY POSTURE – HEALTHY RIDER™

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RELAXATION ~ A STEPPING STONE TOWARD BUILDING POSTURAL STRENGTH AND HEALTH

Course 3 (Prerequisite is Course 1)

A three-day course focused on relaxation of horse and rider.

- o Content discussed in a classroom setting and applied during group and individual lessons.
- o Course booklets containing articles are provided.
- o Teaching materials and exercises focus on equine biomechanics and neurology, which specifically relate to eliciting relaxation.

COURSE SCHEDULE

DAY ONE ~ Biomechanics of Relaxation

- Lecture on Biomechanics and How These Operations Lead to Relaxation
 - o Learn why relaxation is a building block for postural strength and your horse's success.
 - o Examine the gateways to physically and mentally supporting the horse to find relaxation and enhance learning.
- Hands on Work with Manual Release
 - o Observe physical elements of relaxation including the: tongue, hyoid, TMJ, atlanto-occipital joint and dental mechanics.

DAY TWO ~ Gateways to Physical and Mental Relaxation

- Lecture on physical structures and sympathetic vs. parasympathetic nervous system
- Practical Application - Bridlework to elicit these responses
 - o Discover how and why jaw releases and lateral flexions at the AO joint are beneficial
 - o Look at how bits can help and/or hinder the relaxation process.
 - o Leave with an understanding of how horses bend.

DAY THREE ~ Individual Lessons ~ Manual or Bridle Work

- Postural alignment is the basis of proper movement.
 - o Implement the human's rotation and awareness to help horses release
 - o For rider or horse, poor and incorrect posture can lead to a long list of injuries.
 - o Learning relaxation is vital before building postural strength
 - o How to help your horse find it.

REGISTRATION DETAILS

Cost _____

| Dates & Times | Location | Host |
|---------------|----------|-------|
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