Lungeing & Long Reining Demonstration  
November 11, 2005

Rinze, an 8 year old Dutch Friesian

Heather & Rinze on the long lines to improve control & bending

Two hands on the lunge line for control

Discussing and adjusting the basic lungeing equipment

Finally quiet, forward and balanced on the outside rein

Working the long reins while explaining the biomechanical principles of equine movement

Heather & Rinze on the long lines to improve control & bending
Focus on Flexibility, Part I - Biomechanical Lecture

November 12, 2005

- Being introduced to a full house
- Explaining the dynamic lengthening of the torso
- Discussing the horse’s shoulder blades and saddle fit issues
- Postural problems in everyday life that will affect you and your horse
Focus on Flexibility, Part II - Demo with riders  
November 12, 2005

Sandy Rabinowitz on Sequoia (9 yr. old Saddlebred)  
Ricci Hill on Rodney (11yr. old Belgian Warmblood)

Sequoia releases his poll and jaw to the inside

Sandy engages her lower abs properly for a fluid trot

Sandy and Ricci work on lateral bending using their inner shoulders

Lots of lights, noise and commotion, but it was all great fun