

I was able to have the opportunity to ride with Lauren Sprieser due to a generous scholarship from Dressage4kid. This financial support really helped me to further my education in and out of the saddle. Lauren has so much passion for the sport and you can really feel that through her ways of teaching.

On my first lesson with my horse Boo we worked on renvers in true canter to a flying change, because he loves to flip the changes whenever he wants and doesn't like to wait for my aids. This exercise can be very difficult to perform as the aids for renvers and flying changes are closely similar. Lauren said this exercise helps straighten out the changes as well. In this lesson she taught me how to ride him so he sits more in the trot and activates his hind leg more. She explained this to me by getting him to bounce in the trot and let him step bigger not faster. This helped me feel more air time and expression in the trot.

My second lesson with Boo we continued to ask him for more expression and higher balance in all the gaits. While working on the expression in the trot we worked specifically on freeing up the shoulder in the half-pass to get more expression and fluidity. When I was able to free up the shoulder I was able to feel how much just one little detail can change the entire picture. When we started to work on the canter she had me really sit deep in my saddle to try to push his hind leg up and underneath him. At the same time I had to make sure his poll was not going down and he was keeping an uphill balance. Boo can be a very spooky horse and likes to jump away from what he is spooking at but she gave me some good advice on how to help control his spook more. She told me he is allowed to spook but he is not allowed to leave his line and if he does I circle back around and go halt by the area.

My other horse Izzy is a less complicated ride so I was able to work more on perfecting my movements. We worked on the shoulder in to half-pass transition and really worked on fluency in the change of movements. Once we moved into the canter we worked mostly on a 20 meter circle trying to get him to sit more and develop a better balanced canter. We then added a 10 meter circles every quarter of a 20 meter circle. On those 10 meter circles she asked me to collect the canter to a pirouette canter. To end this lesson we worked on keeping the balance in the trot extension and not letting him run down through my hands.

For my final lesson on Izzy we worked a lot on pirouettes because I've struggled a lot with the pirouettes on Izzy. Lauren was able to find a way to help us both. We built off the previous day's exercise with the 20 meter circle and 10 meter circle every quarter of the circle. Instead of just collecting the canter on the 10 meter circle she had me ask him to do a schooling pirouette. I was able to feel him sit and start to relax into the exercise. The more he relaxed the more he began to sit. It was the first time I felt him truly sit in the pirouette. Then we had some fun at the end playing with the zig-zag half-pass in the canter. It was nice to end on something Izzy loves to do.

Once again I am super grateful to have been able to have the opportunity to receive this scholarship and the opportunity to ride with Lauren Sprieser. I would love to



(London Morin riding Izzy T with Lauren Sprieser)

be able to ride with her again. She makes everything so easy to understand. I want to say thank you so much again because if it wasn't for this scholarship I wouldn't have been able to ride with Lauren, learn so much, and be able to improve my riding and education.

London Morin