

What I Learned at the Lendon Clinic

My experience at Lendon Grays Clinic was great. Lendon told me that my reins needed to be used to communicate with my pony and that my hands needed to be above the withers. My pony and I were having trouble bending, so Lendon had us over bend and then have less bend. One of my favorite things that Lendon said was, "That you should not do hundreds of transitions you should do thousands". She didn't mean trot to halt or halt to canter, Lendon meant transitions in the gait like a smaller trot to a bigger trot. That is something that makes me think about my half halts and helps my pony stay on the aids. All of the dressage movements are to improve the basic gait of the horse. Lendon said that during any clinic or lesson horses have to go first. If the clinician or your trainer is pushing your horse to hard, very politely ask to take a break or put your horse away. Lendon said to practice perfect because what you practice is how you perform. Lendon Gray is very wise and knowledgeable and if you get a chance to ride with her take it, you will not regret it.

The first lecture was one of my favorite lectures and was given by Lee Ann Sommerfeld. She is an Equine Sports Massage Therapist she would look at the whole horse, and listen with her hands. She is able to help horses relieve tension in key areas of the body that most affect performance. She worked on my pony and loosed up her scapula. One of my favorite quotes from Lee Ann was, "Every horse is an individual which requires an approach to treatment with this in mind. I work WITH the horse, not on the horse". The second lecture was given by Elaina Eppinger. She is a Farm Consultant for Purina Animal Nutrition which is owed by Land O' Lakes. Eliana came and showed us how to weight our hay and grain. She talked about body scoring our horse so we know where their ideal weight is. The last lecture was given by Carolyn Johnston. Carolyn is a certified teaching member of the Alexander Technique International and is a Registered Somatic Movement Therapist. She will touch your body very slightly to help fix your riding. These lectures and lecturers were great I hope to see them sometime over the rest of my riding career.

I want to thank Rhianna Pankhurst for putting this clinic together. I also want to give a thank you to Meriki/Reinwood Farm. The lectures were great thank you to Lee Ann Sommerfeld, Eliana Eppinger, and Carolyn Johnston. Last but not least to THANK YOU Lendon Gray for recognizing young riders and their talents, and for putting these TEAM clinics together and for D4K.