

Jeremy Steinberg clinic

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I had such an amazing experience at the Jeremy Steinberg clinic this past weekend. I learned so much in and out of the arena from Jeremy. He was able to help Honour (my mare) and I in so many ways. On Saturday we worked on our canter half passes and keeping her bend to prepare for our first show at the end of march. He told us to think about setting a line and sticking to it like we do for shoulder in or haunches ins. In the 45 minutes we had multiple parallel canter half passes in both directions. Also on Saturday we worked on shoulder in and haunches in in both the trot and canter. He was very helpful and was great at teaching Jrs. The final thing we worked on, on Saturday was getting her lighter in the contact. Honour had always been a bit heavy in the contact so we are always working on getting her lighter. He compared getting her lighter to the force in the Star wars movies and how we have to brainwash her into thinking lighter. I had the last ride both days so I was able to watch everyone else ride. In one of the other riders ride they were struggling on their half steps and passage. He said that since the horse already knew the movements that they needed to be stronger with the aids which helped me think about how I need to practice on my own mare.

On Sunday, Honour was a little more tense so we had to work through that at first but after she was amazing. This past week we have started working on tempis in hope to show 4th level this year. So Sunday we worked on starting 4 tempis. At first she was rushing and running through my aids but by the end we had a couple sets of clean tempis, which was amazing to think about since I have only been riding her for the last month (since she had the last year off). She has come so far in the last month. On Sunday we also worked on the canter half passes just to see if the change we made yesterday had stayed and it did! Sunday's ride was slightly shorter but

even better. The final thing we touched back on was the lightness in the contact. She again had made improvement in staying lighter longer, which was a huge win!

I am so thankful for being invited to ride in the clinic With Jeremy. He helped Honour and I so much and I will make sure to use the force. I could not come without the generosity for the Dressage4kids program and them giving me a scholarship to cover the cost of the clinic. This program has helped me accomplish many dreams and now I am one more step closer because of them!