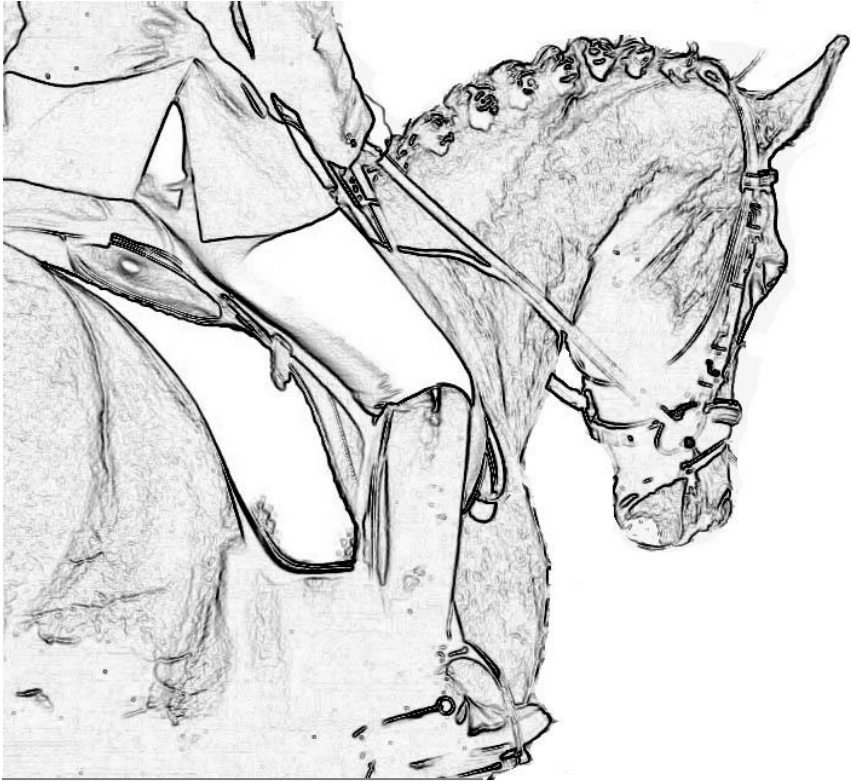


# Integrated Training for Riders

Be READY to RIDE



**The Rider's Edge**

[www.theridersedge.ca](http://www.theridersedge.ca)

Email: [jpa@kos.net](mailto:jpa@kos.net)

## *Welcome Riders, Instructors and Auditors:*

We are pleased to share this integrated training program with you. Not only is love of horses important to us, but personal interaction and continued learning are also vital. This program also provides an opportunity to observe and develop your eye.

The more you can 'feel' (using your inner eye), the more powerful your experience will be. We trust that you will take with you a new awareness of the rider's body in motion, as well as an increased knowledge of the role of the rider's seat.

We hope that you enjoy your learning experience!

*Joan Adler*  
(Founder of The Rider's Edge)

### *About Joan Adler:*

*Somewhere around the tender age of ten, Joan was diagnosed as having a severe case of the HorseKrazies. Her symptoms were brought on by the mere sight of a horse. These symptoms included hot flashes, adrenalin rushes, serious daydreaming, and anti-social behaviour along with a serious desire to buy tall boots.*

*HorseKrazieitis is a well-known and documented passion for all things equine and accepted by those who truly love horses and have a need to ride them.*

*After all the years of learning about riding, classical training & teaching, Joan still loves it all. It is from this commitment to the sport of riding that The Rider's Edge program was born. By educating riders to be the best they can be, Joan believes it's an excellent way to advocate for the horse.*

*Through personal discovery, she has purposefully incorporated Balimo™ (Balance in Motion) training, Pilates, mental skills training, and education about the Classical system of horse training, to produce this integrated training for riders. The Rider's Edge aims to keep this noble & proud creature (the horse) exciting for riders of all ages!*



## Eckart Meyners' Philosophy behind Balimo™

Eckart Meyners, a Sports Physiologist from Germany, is the man behind Balimo™ training. His understanding of bodies in motion, resulting in an exercise program for riders has been developed over years of research. Balimo™ is unique in its methodology for teaching muscle memory and 'feel' through motion abilities. Balimo™ is accessible and applicable to riders and instructors.

There are several unique concepts underlying the Balimo™ method for creating an effective seat. The first is that an effective seat involves more than simply having the 'correct' position; the focus is on the rider's capacity for balance in motion. Meyners considers this to be the most important ingredient in successful riding. Second, is that the roles of mind and body must be connected and balanced together in order for a dialogue with the horse to occur. Third, he has developed a teaching approach that includes how to teach motion and feel; which results in the development of correct muscle memory necessary for riding.

Balimo™ involves gaining knowledge and then processing that knowledge through practical application. Balimo™ methods and exercises are practical and easy to implement as part of a regular lesson program. Through the use of 'task lessons' and simple exercises performed on and off the horse, riders will feel immediate improvement in their own and their horse's performance while training muscle memory for long-term proper form and function.

Using Balimo™, riders are taught to be both educators and motion mediators. The program teaches riders how to integrate feel and motion into riding – thus delivering longer lasting, more effective results.



# The Rider's Edge

## **Program Overview**

We serve INSTRUCTORS who believe in continuing education and a supportive atmosphere, and RIDERS who would like to expand their education to include balance, mobility and feel.

Our program is offered through seminars, Balimo™ Equestrian Seat clinics, Body Awareness Workshops and distance learning courses. The courses have been developed to give a well-rounded, in-depth education in Eckart Meyner's approach to teaching and riding, using Balance in Motion.

## **Interactive Seminars**

We offer concise (1–3 hour) interactive talks, using power point presentation. Choose from a variety of subjects based on the German Riding System and the Balimo™ program. Space is usually very limited, to preserve the concentrated and personalized educational format.

## **Balimo™ Equestrian Seat Clinics**

These clinics are mounted clinics available around the country. They include mounted instruction integrating Balimo™ principles for instruction and motion mediation. Included is an unmounted body awareness group session, as well as practice with the exercises.

## **Body Awareness Workshops**

These ½ day unmounted workshops focus solely on the rider, and utilize Balimo™ and Pilates exercises, to help the Rider to gain strength, flexibility and range of motion.

## **Distance Learning Courses**

We offer several Balimo™ courses through distance learning. Students sign up for these courses and receive a course syllabus with readings, information, and homework assignments. Balimo™ Faculty mentors the student through the course.

## Interactive Seminars



**Personality and Learning Styles**



**6 Point Structure for Assessing and Improving Riders**



**Classical Principles of Training and Riding**

Other seminar topics include:

- The German Training Scale
- Movement Principles
- Designing Your Training Program
- Developing Your Inner Eye
- Learning Styles
- Biomechanics of the Horse
- Mental Training – Preparing for Competition
- ...and more

## **Balimo™ Equestrian Seat Clinic**

Each clinic includes an unmounted rider group warm up, an unmounted body awareness exercise class, a 45 minute private riding lesson and an interactive talk about Principles of Riding, or movement theory. Riders are required to participate in all portions of the clinic.

The clinic is interactive and auditors are encouraged to participate; they experience all aspects of the clinic except for riding in a lesson.



Balimo™ Equestrian Seat Clinic  
Kamloops, British Columbia

Hosting a Balimo™ Equestrian Seat Clinic is an excellent way to gain more experience with the exercises and teaching style, as well as 'developing your eye'.



Contact **The Rider's Edge** today to request a Balimo™ Equestrian Seat Clinic at your facility.

**When you mount up - Be READY to RIDE**

## Body Awareness Workshop (Unmounted)

- Our goal is to increase your awareness of how to assess the areas that may be restricting your movement.
- We then 'play' with various exercises to gain better flexibility, range of movement and strength.
- The workshop utilizes a variety of exercises, including Balimo™ (Balance in Motion training) and Pilates.

### Workshop Schedule (Sample)

- 9:00 – 9:15 Registration
- 9:15 – 9:45 Warm Up
- 9:45 – 10:30 Interactive discussion
- 10:30 – 10:45 Break
- 11:00 – 12:00 Unmounted exercises
- 12:00 – 12:15 Break
- 12:15 – 1:15 Unmounted exercises
- 1:15 – 1:30 Wrap Up Discussion



**Body  
Awareness  
Workshop**

Oshawa, ON

# **Distance Learning Course Descriptions**

## **OBSERVATION FUNDAMENTALS**

Developing your eye cannot be taught only from a book. It takes many hours of observing accomplished riders and instructors assess themselves and other riders to develop one's own sense for how to do this. However, there are some key principles that will help you improve your observation skills, and thus, gain the maximum benefit from observing the experts. This course helps riders to evaluate and develop their own observation skills.

## **THE INNER EYE**

To ride effectively, a student must be able to use information gathered from lessons, clinics and their own studies. Another part of this process is the development of the inner eye which is invaluable to all riders. This course defines the inner eye and explores its uses in effective riding, as well as offering techniques to develop this valuable skill further.

## **6 POINT STRUCTURE FOR ASSESSING AND IMPROVING RIDERS**

This course includes the ideal, common deviations in each area, and exercises specific to each area. Instructors need to experience the structure and combine the experience with the use of the 'inner eye' to get to the root of a rider's needs.

## **PERSONALITY AND LEARNING STYLES**

Four basic personality types are covered, along with the strengths and challenges of each. Riders will assess their own personality type and discuss challenges that may arise as they interact with instructors (and horses) of the same or different personality types. Several common learning styles are also introduced and discussed.

## **LEARNING ENHANCERS AND DISRUPTERS**

Explore what factors help students to learn and what factors hinder student's learning. All instructors will face a student experience worry, fear or anxiety at some time. This course defines these three learning disrupters and gives instructors ideas on how to resolve them.



## **Distance Learning Course Descriptions (cont'd)**

### **THE STAGES OF RIDER EDUCATION**

Effective instruction begins with a system. Instructors and riders must have an in-depth knowledge of the system of education of horse and rider. This course provides a solid foundation in the 5 stages of rider education, as well as offering beginning practice at using the stages to evaluate one's own level of training as a step in goal setting and planning.

### **INTRODUCTION TO THE SCALE OF EDUCATION**

A solid understanding of the Scale of Education and related theories is essential for any equestrian, whether rider, trainer, or instructor. This course provides a solid foundation in the 3 phases and 6 steps of the Scale of Education, as well as offering beginning practice at using the Scale of Education to evaluate a horse's level of training as a step in lesson planning.

### **SCALE OF EDUCATION II**

This course builds on the foundational knowledge from Introduction to the Scale of Education and takes it to the next step by describing more of what happens within the horse's body in each phase of training, as well as how the scale is used every day.



### ***What's Right for You?***

Whether it's education and inspiration, and/or the need for self-improvement, The Rider's Edge encourages you to become involved today.

**Learn more by hosting or attending a Balimo™ Equestrian Seat Clinic in your area, and begin a unique & fun educational experience**



# The Rider's Edge

## **More thoughts on learning:**

Horseback riding is a complicated sport simply because the rider has to deal with two moving, breathing, living creatures that are both very unique; her/himself and the horse. This must be acknowledged and accepted in order to make the riding experience an enjoyable and progressive one. Riders must learn to be motion mediators, both for themselves and for their horses.

The rider initially learns to follow the horse's motions. However, as the rider develops in ability and skill, s/he learns how to use her/his body to influence the horse's body and motion. Horse and rider should not be separated since one's weakness can be compensated by the other's strength throughout the learning process.

Riding is about movement and motion. Riders who are able to understand the functioning system of human and horse become better able to learn 'feel'.

For these reasons and many more, we have put together this integrated program for riders. We want to help you to be the best you can be. Our goal is for you to climb into the saddle and be READY for the RIDE.

**Ride every stride with pride.**

Available from



The Rider's Edge

## BALIMO™ Chair

**DESIGNED FOR RIDERS –  
VALUABLE FOR EVERYONE!**

Endorsed by Eckart Meyners

A training device for everyday use:  
Corrects posture, improves pelvis mobility,  
balance & general agility



### Eckart Meyner's Program for Better Riding

This **five book series** is easy to use. They are filled with valuable exercises and include photographs and illustrations.

- Book 1** – *Philosophy & Warm-up*
- Book 2** – *The Head: Inside and Out*
- Book 3** – *The Sternum, Spine & SI Joint*
- Book 4** – *The Pelvis & Legs*
- Book 5** – *The Art of Teaching*

### Effective Teaching & Riding Exploring Balance and Motion

Every rider has the dream of sitting on a horse's back moving forward with grace and ease as one unit; the ultimate team flowing in perfect harmony, mentally & physically connected.



A Rider's  
Training Journal

Both  
included  
in same  
journal

For the Horse: Record your ride, lesson, goals, mental preparation and more.

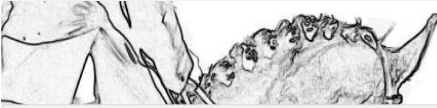
For the Rider: Record your fitness workout, exercises, goals, mental training etc.

\$24.95. Cdn

Published by: The Rider's Edge

# The Rider's Edge

## Integrated Training for Riders



### MOUNTED

- \* Balimo Seat Clinics
- \* Dressage Lessons
- \* Riding Workshops



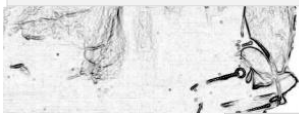
### UNMOUNTED

- \* Pilates (Mat & Reformer)
- \* Body Awareness Clinics



### SEMINARS

- \* Rider Stages of Training
- \* German Training Scale
- \* Movement Principles
- \* Develop Your Inner Eye



**Mount Up**

**Be READY to RIDE**

**Balimo Dressage Pilates**

**Joan Adler**

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