

# GOING THE DISTANCE

Training concepts for success on your dressage journey.



## **In the Beginning:** Go      Stop      Turn

- Introducing horses to the aids

## **Let's Get Started:** Commuting

- Tools to develop acceptance of the bit and driving aids to achieve improved understanding, connection and thoroughness.

## **Now we are Getting Somewhere:** Shifting Gears

- Lateral exercises, lengthening and shortening of strides for increased self carriage.

## **Now This is Fun:** High Performance Transmissions

- Exercises to increase collection and developing the FEI movements to Grand Prix.

February 16

9:30-3:00

Featuring LTR Dressage Horses and Riders

[www.lyndonrifieddressage.com](http://www.lyndonrifieddressage.com)

