



CARLISLE ACADEMY
at Spring Creek Farm

DRESSAGEWORKS

Horse Biomechanics with Susanne Winslade

Classical Dressage Curriculum for the Health, Longevity, and Sustainability of the Horse

Dressage is a French word that means “training” and its purpose is to strengthen and supple the horse throughout its life. Susanne Winslade’s curriculum Dressageworks captures the science of balance and the art of expression in a compassionate and classical dressage training program designed to enhance horse and rider harmony and promote long-term health and sustainability. Any breed and discipline can benefit from this positive, progressive, and interrelated system that teaches the importance of horizontal and vertical balance, obedience to and lightness of the aids, and the value of training each horse based on his own individual merit. *Dressageworks* can assist both the ambitious competitor in finding nuanced levels of connection, as well as the devoted equestrian seeking to integrate classical principles in their personal learning journey.



Rider in Picture: Autumn St. Laurent

Cost/Scheduling:

Dressageworks is offered exclusively at Carlisle Academy’s as part of year-round programming. It runs as a 6-session series for \$825 to be completed over a maximum of 3 months with regularly scheduled 1-hour sessions on select Tuesdays or Saturdays. All fees are included in this price whether you use Carlisle’s school horses or truck in your own. One-hour single sessions at \$150 are available upon request. Please inquire about overnight stays and alternative days. Payment is made to Carlisle Academy (online or by check) and scheduling is coordinated with the central office by contacting 207-985-0374, or info@carlisleacademymaine.com.

Program features include:

- Mounted training implementing the classical training scales.
- Training in hand or with the horse on the longe in one or two lines (by request). This is used to enhance the under-saddle work and is a prerequisite for traditional dressage long lining.
- A peaceful, inviting setting with an airy 75x150 foot indoor arena, mirrors, speaker system, well-maintained footing, and heated viewing room for guests and visitors.

Susanne is a nationally recognized trainer, clinician, and former FEI competitor from New Hampshire. Susanne’s most influential teachers have been Kathy Connelly, International dressage rider, competitor, coach, commentator, author, and “S” judge and Micheal Poulin, 1992 Dressage Olympian. She is a retired US Pony Club Level IV National Examiner (C3 and above for traditional track and specialty dressage), past lecturer of Equine Studies at UNH’s Thompson School of Applied Science, and a certified British Horse Society Assistant Instructor. She has joined the team at Carlisle Academy as teaching faculty in classical dressage.