



CARLISLE ACADEMY
at Spring Creek Farm

SEATWORKS

Rider Biomechanics with Susanne Winslade

Curriculum for the Complete Development, Strength, and Suppleness of the Rider

Susanne's curriculum *Seatworks* utilizes a European-style training system with the rider either in a saddle or vaulting surcingle while attached to the longe line. During each one-hour session, the rider will have access to a variety of tools including Balimo stool, Franklin Balls, Equibands, Equicube and more. Through the use of creative exercises, Susanne looks for ways to apply the science of balance in motion and combines it with the art of dressage to achieve a positive partnership with the horse and harmony in the saddle. This work is done in 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. Riders are encouraged to videotape their rides for enhanced learning (for private use only). *Seatworks* 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: Alexia Rosoff

Cost/Scheduling: *Seatworks* 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.

This is a custom-designed program to fit each rider's individual needs and abilities. Any discipline can benefit with improvements shown in:

- improved balance and strength needed for independent seat, leg, and hand
- development of rider's core and body control
- enhanced feeling and timing of the aids for greater harmony with the horse

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.