



Information for Centered Riding clinics at the Big House Equestrian Center

Susan S. Kelley Level III - Instructor/Clinician

Centered Riding is an innovative way of expressing the classical principles of riding using body awareness, centering, and imagery. It is based on knowledge of human and horse anatomy, balance, movement, and understanding how the mind affects the body and how both affect the horse.

Centered riding encompasses all seats and styles of riding; teaching a language that allows clearer communication between horse, rider, and instructor.

Clinics also include saddle fitting, basic obedience, and ground training for the horse. A program of floor exercises using the Centered Riding basics un-mounted, may include techniques from the Alexander Technique, Feldenkrais, Gyrotonics, and Pilates, will help teach the rider how to balance and use themselves efficiently, ensuring the effective use of aids without the distraction of the horse.

A typical clinic begins with a Friday evening introductory lecture, Saturday and Sunday morning ground work, followed by the riding sessions both days.

At the Big House Equestrian Center- we offer housing and stabling for up to four participants. Amenities include a kitchen, bath, dining room, meeting space, four beds in an upstairs loft, and two bathrooms (one in the apartment the other in the tack room).

Other Big House amenities include:

- An indoor insulated and heated/air conditioned space for the lecture and ground work
- Two spacious riding arenas
 - A safely fenced outdoor arena with all-weather footing
 - An indoor arena with "dust free" state of the art footing, windows, and a viewing stand

Clinic fees and expenses at our facilities:

- Clinic fee: \$275 per person, limited to 6 participants
- Limited housing is available for 4 participants (\$35 a night) and their 4 horses (\$25 a day) as well as the limited availability of my school horses (\$40 a day) may be arranged.
- Auditors: Auditors fee \$ 25 a day or \$40 for the weekend.

Susan is also available to travel to your farm for clinics, please contact us for more details.

A \$300 deposit is required by the clinic organizer to secure your date. Half payment is expected one month prior to your clinic.

Interested parties who did not make it to your participant list may be placed on a waiting list. Wait listed parties may attend clinics as auditors taking part in all activities with the exception of riding. Auditing is a great way to expose more people to Centered Riding.

Advertising your clinic: Past experience shows that advance marketing makes a significant difference in clinic attendance. It pays to plan ahead. Even small ads in local newspapers can be very effective.

Additional ideas:

- Riders may arrange to have their lessons videotaped (usually by other participants)
- Attending instructors are invited into the arena to learn hands on body work techniques.

To ask any questions or book a clinic with Susan, please contact us either through e-mail: bighousestables@gmail.com or by calling Susan directly at 585-507-3397.

We are actively booking dates for 2019. Book your date today!

Thank you and looking forward to seeing you soon.