

## THEORY-DAY AND 2-DAY OPEN CLINIC AUCKLAND, NEW ZEALAND



*Do you want to learn more about combining knowledge of Anatomy, Biomechanics & Bodywork with Classical (rehabilitation) training? Do you want to learn to understand your horse's body and mind in the best way possible? Do you or your horse have any issues or feeling 'stuck'? Do you want to get a full holistic approach where the horse's mental & physical well-being is central?*

Then this clinic is there for you!

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An open clinic is - as the name states - open for anyone new. There are no prior requirements. The only thing you need to bring is a lot of enthusiasm and interest to learn more about anatomy & biomechanics as well as classical horse training. An open clinic has a maximum of 25 people (8 participants, 17 spectators).

A Masterclass dives more in depth and has the requirement of having attended a previous open clinic (either as a participant or spectator) OR studying 2 assigned manuals beforehand so that you have enough theoretical knowledge. This because the theory builds on the lectures given in the open clinics before and to enhance progress. Other upgraded features are longer private lessons, live video footage analysis as well as a small group size limited to a maximum of 15 people (8 participants, 7 spectators).

### **\*\*CLINIC FORMAT\*\***

The horse is a fascinating being. We can build a lifelong partnership in true harmony with a creature that is so majestic and powerful. At the same time, the journey can be complex as a horse can't speak our human language and we often misread / don't understand the signs what horses are trying to tell us and. We often hit many bumps in road like injuries, trauma, fear, stress, disconnection etc.

During this course, we'd like to help you and your horse in your own personal journey by offering you a comprehensive holistic approach. In the morning, there will be theory sessions on Anatomy & Biomechanics as well as Classical (Rehabilitation) Training. After the theory sessions we'll assess the biomechanics of your horse. Although issues are mostly hidden in a deep place, we're often able to see and feel them from the outside. We'll help you to train you eye, feel, smell and hearing in how to read your horse 'inside-out'. You'll learn how and what to look for. Then, Thirza will perform some bodywork on your horse in the areas needed. After this, you'll receive some one-on-one private lessons by. Besides the private lessons there will also be some group demonstrations and simulations.

The clinic has a very interactive nature with the horse being our biggest teacher. We will be honoured to guide you.

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**\*\*THIRZA HENDRIKS \*\***

Thirza Hendriks is an international classical horse trainer based in the Netherlands, specialised in equine Biomechanics & Rehabilitation training.

Her own horses were all about to be put down due to severe physical and mental issues like past fractures, neurological issues, trauma, inflammations, metabolic disbalance, stress & fear and even cancer. Luckily, she has been able to rehabilitate them all successfully, now enjoying their never-ending journey in true harmony in lightness and balance.



In the field of equine Anatomy & Biomechanics, Thirza has enjoyed, and continues to do so, education from renowned pathologist Sharon May-David and the team of Equine Studies. Thirza has followed numerous Whole Horse Dissections and now even organises two Dissections a year herself. This gives Thirza an unique insight on the horse 'inside-out' and she'll be able to present the latest research findings in Equine Science.

Besides her education in the field of Biomechanics, Thirza studied with various classical training professionals, as well as rehabilitation specialist and/or institutions (such as Portuguese riding school, The Art of Horsemanship, Straightness Training, The School of Lightness and Dutch Institute of Classical Equitation). She has also successfully competed in the past.

Finally, she also added complementary education, such as Bodywork (various techniques) and maintenance trimming, to offer a fully holistic approach.

Today, Thirza is a much sought-after international clinician and lecturer. In the field of Biomechanics, Rehabilitation, and Classical Horse Training. By now, she travels to the UK, USA, Taiwan, Australia, and New-Zealand on a yearly basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.

More information about Thirza can be found on:

[www.thirzahendriks.com](http://www.thirzahendriks.com) or

<https://www.facebook.com/ClassicalHorseTraining/>

Thirza provides lessons in:

- Groundwork
- Work in Hand
- Lunging
- Riding
- Long Reining

Lessons will always be adjusted to the mental/physical state of the horse and rider in that exact moment. The horse will always be the most important teacher. The instructor is just the translator to help the owner to understand their horse's needs.

All breeds, age, sexes, levels & disciplines are welcome. However, if you own a gaited please inquire before-hand, because certain breeds require specialist knowledge for proper biomechanical assessment.



**\*\*TIMETABLE\*\***

DATES: **June 7<sup>th</sup> – June 9<sup>th</sup>**

Friday June 7th - Lecture day

09:00 – 17:00

'Studying biomechanics as the key to enhance a deeper relationship, understanding and performance with your horse'

*'Everything you need to know to develop a better feel'*

As we have a full day, we will dive more into depth offering the following elements that are key site for the horse:

- Introduction & history of evolution
- It's all about the brain
- The chest - the 'forgotten' importance of the Sling
- The mechanism of the thoracolumbar spine - the basis of all body movements
- The role and functioning of the front/hind limbs
- The role and functioning of the pelvis - the under-estimated key to performance
- The influence of head/neck positions
- Closing the circle: connecting the body as a holistic whole
- Practical application of modern-day knowledge

The presentations will be very interactive with exercises on a chair, presentation of skeletal materials, using dissection cases.

Saturday June 8<sup>th</sup>:

09.00 - 13.00 private lessons (1st lesson all participants)

13.00 - 13.45 lunch

13.45 - 17.45 private lessons (2nd lesson all participants)

Sunday June 9<sup>th</sup>:

09.00 - 13.00 private lessons (3rd lesson all participants)

13.00 - 14.00 demonstration & Discussion

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**\*\*VENUE & ACCOMODATION\*\***

On the 7<sup>th</sup> of June this clinic will be hosted:  
Papakura RSA,40 Elliot St,Papakura, 2110  
New Zealand



On the 8<sup>th</sup> and 9<sup>th</sup> of June this clinic will be hosted:  
66 Wellesley Rd  
Mangere Bridge  
Auckland 2151

**\*\*MEALS\*\***

Coffee / tea / light snacks will be provided. Please bring your own lunch.

**\*\*INVESTMENT\*\***

IMPORTANT: As a participant of the 2-day clinic, you are obligated to follow the theory-day as the information given is important for the understanding of the lessons you will receive at the 2-day clinic.

Participant:

€ 249,00 (± 410,00 NZD)

There is a limited amount of 8 participant places.

As a participant you will receive: an interactive lecture including lunch + a 2-day clinic, coffee / tea.

Spectator:

€ 95,00 (± 156,00 NZD)

There is a limited amount of 17 spectator places.

As a spectator you will receive: an interactive lecture and watching all private sessions, coffee / tea.

Theory participant 7<sup>th</sup> June:

€ 50,00 (± 82,00 NZD)

As a theory participant you will receive: an interactive lecture, coffee / tea and lunch

**\*\*APPLICATIONS\*\***

You can sign up directly using this link: <https://www.thirzahendriks.com/events-1/theory-day-2-day-open-clinic-auckland-new-zealand>

By applying the registration form, the participant agrees with his/her obligation to pay for the course.

For any other inquiries about the content of the clinic, please email at: [info@thirzahendriks.com](mailto:info@thirzahendriks.com)

For any other inquiries about the organization, please email at: [anne-roos@thirzahendriks.com](mailto:anne-roos@thirzahendriks.com)

**\*\*CANCELLATION POLICY\*\***

A 30% refund will be given upon cancellation of the participant up till 12 weeks' prior the event. Any cancellation on behalf of the participant within 12 weeks prior to the event will not be refunded. However, if the participant can find a suitable replacement for taking over the spot the fee can be refunded.

Upon the unlikely cancellation of the event by the organizer, a full refund of the participation fee will be given within 14 days. Additional costs like flight tickets / overnight stay will not be refunded.

You are strongly advised to close on a cancellation insurance.

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