



# TUSKEY DRESSAGE CLINICS

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

## ABOUT BETHANY TUSKEY

Bethany is Tuskey Dressage's head trainer. Bethany's love of horses began at an early age, and she has dedicated her life to learning the art of horsemanship from master horse trainers. She has studied classical dressage, liberty work, work in hand, and long reining. She has been influenced by trainers such as Patrick King, Jillian Kreinbring, Dominique Barbier, Frederic Pignon, Magali Delgado, and Laura Amandis. Bethany has taken what she has learned from other trainers as well the horses and combined in with her spiritual beliefs to create a unique style of training based on love for the horse, the desire to help her horses to be happy, healthy, and athletic, and the desire to build partnerships with her horses based on mutual trust and understanding.

In addition to dressage work, Bethany is able to take her partnership with her horses to a whole new level by working with them at liberty, where there is nothing connecting her to the horse and the horse has the freedom to do as he wants. Working with horses at liberty creates a relationship with your horse that will transcend anything you have experienced before.

Bethany enjoys performing with her Andalusians at various shows and exhibitions. It is her goal to share her unique training style and show people how they too can take their relationship with their horse to a whole new level.

## PRIVATE LESSON OPTIONS (1 HOUR LONG, 1-2 PEOPLE)

### DRESSAGE LESSONS

The focus of our dressage lessons is to teach the horse how to use his body in a balanced, comfortable, and healthy way as well as to teach the rider how to ride in a balanced, controlled, and effective manner. Because of this dressage lessons are beneficial to horses and riders of all disciplines and levels.

Students are taught how to communicate with their horse in a way that the horse can understand. This creates a willingness in the horse to work with the rider. The horse is taught to carry himself in a position that will best enable him to support a rider. This decreases injuries and increases the horse's longevity. Riders are taught to sit in a balanced position so they can best influence the movement of the horse. Relaxation, strength, suppleness, and communication are all developed through classical dressage work.

Bethany has worked with everything from green youngsters to rehab cases to teaching the haute école movements such as piaffe, passage, Spanish walk, and levade.

## IN HAND OR LONG REINING

In hand lessons or lessons in the long reins are a great way to establish a foundation for correct movement or to develop strength or coordination. When the horse does not need to carry the extra weight of the rider, it is easier for him to learn how to use his body correctly. In hand work is a great way to improve your horse's balance and strength, improve communication or introduce new movements such as transitions, rein back, lateral work, or collection. In hand work also can provide a physical and mental change of pace for the horse before or after ridden work.

## LIBERTY AND TRICK TRAINING

Liberty is a form of groundwork in which you have nothing attached to the horse such as a halter, bridle, or ropes. The horse's movements are directed through body language, energy, and vocal cues. When you take away the physical connection, the horse becomes tuned in and focused on you and becomes much more interested in what you are doing and becomes eager to learn new things. As the horse bonds and connects with you he will begin to see you as a leader that he can trust to take care of him. This will deepen your relationship and improve all the work you do with your horse, including ridden work.

Teaching tricks is a great way to incorporate fun into your work. Many horses love learning new tricks. It is fun for them and gives them a sense of accomplishment and pride. Tricks that can be taught include smile, yes, no, holding an object, touching a target, jambette (lifting one leg), Spanish walk, and 2 versions of bow.

## GROUP LESSON OPTIONS (2 HOURS LONG, 3-6 PEOPLE)

### INTRODUCTION TO LIBERTY WORK

This class is all done on halter, but we will discuss concepts such as body language, use of energy, communication, and partnership with your horse. You'll learn several exercises that will build the foundation you need to begin to work with your horse at liberty.

### DEVELOPING THE INDEPENDENT SEAT

Do you struggle to stay balanced on your horse or do you feel stiff and rigid? Do you want to be able to communicate more effectively with your horse? Developing an independent seat is key to solving these issues. But first you need to understand how the horse is moving underneath you as well as the best position for your body and how to move your body so that you can stay synchronized with your horse. In this class we'll look at all of those things. We'll also talk about how your breathing affects your riding and your horse and how you can use your breathing to improve your riding. You'll leave this class with a much better understanding of how both your body and the horse's body work and how you can move together in harmony.

### INTRODUCTION TO GARROCHA WORK

Garrocha work is a traditional method of cattle sorting that is done with a 13-foot-long pole and has now developed into an art form. Working with the garrocha pole teaches both horse and rider maneuverability, control, precision, and adjustability. Many horses enjoy the challenge and working with the pole becomes a game for them. Garrocha work is a great way to improve your dressage skills in a way that is fun, challenging, and different than your typical arena work.

## INTRODUCTION TO IN HAND WORK

This class will introduce you to working with your horse in hand. You'll learn the basic in hand positions and movements and you'll start to develop a dance with your horse as you work through different movements and patterns.

## LECTURES (1.5-2 HOURS)

All lectures include a time for Q&A and open discussion. There is no limit on the number of participants for lectures.

## UNDERSTANDING HEALTHY MOVEMENT

As caretakers of our horses, it is our responsibility to teach them how to use their bodies in a way that is healthy for them. In order to do this, it is essential to have an understanding of the way the horse's body works and the difference between healthy and unhealthy movement. You'll learn how improving the balance of both horse and rider can create a more harmonious relationship and a more willing, capable horse. You'll learn how the way a horse carries himself affects his ability to perform and how the rider can influence and improve his performance. A horse that is using his body correctly will be better able to carry the weight of the rider, better able to respond to and communicate with the rider, less prone to soreness or injury, and negative behaviors will often go away as the horse begins to feel better and to enjoy the work that he is doing.

## HAPPY, HEALTHY HORSES

At Tuskey Dressage one of our primary goals is to develop horses that are happy and healthy in mind, body, and spirit. But what does that mean? In this discussion we will talk about how to tell if your horse is happy and healthy, as well as ways you can improve their health and happiness. We'll talk about horse care and management, relationship building, partnership, communication, ground work, and riding and how we can use all of these things together to give our horses the best lives possible.

## DEMYSTIFYING LATERAL MOVEMENTS

Shoulder-in, Shoulder-out, Leg yield, Half Pass, Travers, Renvers. Do you have trouble keeping them all organized in your brain? Many people have difficulty understanding and remembering the differences between each of the lateral movements. This interactive simulation will help you to understand the similarities and differences between all of the different lateral movements. It can be challenging to keep all of the movements straight in your head, so this is a great class for you if that's something you struggle with.

## HOW YOUR HORSE THINKS

Understanding the way a horse thinks, behaves, responds, and learns is essential to developing a good partnership with your horse. In this lecture we will discuss instinctual behaviors, basic needs and desires, how horses process information, learning theory, how we affect our horses, and how to best approach relationship building and training of our horses.

## ENERGY AND HORSES

Did you know that your body is constantly creating an energy field around you that is affected by your thoughts and emotions and can even be felt by others around you? Did you know that horses use their own energy fields to communicate with each other?

Understanding your energy can make a profound difference in the way you communicate with your horse as well as your relationship with your horse.

You'll learn:

- what energy is
- how horses use energy to communicate with each other
- how your energy affects your horse
- how to understand and recognize your own energy
- steps you can take to create a more beneficial energy for both you and your horse
- how to take your work and your relationship with your horse to a much deeper level

## MORE INFORMATION

For more information about Tuskey Dressage you can visit [www.tuskeydressage.com](http://www.tuskeydressage.com) or contact Bethany at [tuskeydressage@gmail.com](mailto:tuskeydressage@gmail.com) or 630.935.4738

## ADDITIONAL HOST INFORMATION

### CLINIC HOURS

Bethany is able to teach up to 7 hours per day. You may combine any option of Private Lessons, Group Lessons, or Lectures to total 7 hours. There is a minimum of one full day. Additional partial days may be negotiated.

### CLINIC FEES

Cost is a flat rate of \$700/day plus any travel expenses (car, flight, hotel). For overnight locations Bethany is happy to stay with the host or in a hotel. You may charge participants and auditors whatever you would like and keep whatever profit is made beyond Bethany's fees.

### REGISTRATION AND PROMOTION

As host, you are responsible for taking registrations and promoting the clinic. Bethany will also promote the clinic (if host desires) on her website, social media, and mailing list.

### LIABILITY

All participants must fill out a liability waiver which can be done online at the following link- <https://form.jotform.com/200317939339056>