

9th International Workshop - Get the Spirit!

22nd to 27th of July 2019 at Gut Rosenhof



2019



ANJA BERAN
FOUNDATION

9th International Workshop - Get the Spirit! 22nd to 27th of July 2019 at Gut Rosenhof

Program Overview

1st day: Monday, 22nd of July 2019

- » Horse breeds and their training with Martin Haller, Anja Beran and Vera Munderloh
- » Horsemanship meets falconry with Dr. Jasmin Balzereit

2nd day: Tuesday, 23rd of July 2019

- » Riding aids - communication between rider and horse
- » Analysis of the horse to improve it by position, flexion and lateral movements
- » Requirements at keeping and feeding of horses with Georg Rattenhuber

3rd day: Thursday, 25th of July 2019

- » The warmblood project of the Anja Beran Foundation
- » Head-neck-posture and its effect to the riding horse's health with Elisabeth Albescu
- » Haflinger in Dressage
- » Gymnasticising in-hand work with Kathrin Roida

4th day: Friday, 26th of July 2019

- » Position of the rider with Veronika Brod
- » Ways to piaffe and passage
- » The spanish walk

5th day: Saturday, 27th of July 2019

- » Groundwork for building trust with your horse and Working Equitation trail with Vera Munderloh
- » Canter work - counter canter, flying changes, lateral movements and pirouettes
- » Circus lessons

Workshop Special: Shopping for horse & rider at the Happy Horse Shop and Boutique Lusitania!

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1st day: Monday, 22nd of July 2019

We welcome our participants, visit the animals of Gut Rosenhof and show you round through all stables and the facilities.

Horse breeds and their training

The first day of this year's workshop belongs to the horse breeds. Therefore we invited journalist and author Martin Haller. In his German and English publications Martin Haller campaigns dedicatedly for classical dressage and for horse-friendly riding. The experienced horseman had been active in equitation and collected experience in breeding and keeping of different breeds as stud manager in Ireland, among others. In his lecture Martin Haller gives interesting insights into historical development of the horse breeds at Gut Rosenhof and explains special attributes regarding exterior, interior, breeding and type.

Anja Beran and Vera Munderloh present the breed-specific characteristics under the saddle and describe their special experiences with such different horse breeds like Lipizzaner, Kladruber, Lusitano, P.R.E., Frederiksborger, Friesian, Connemara, Arabs, German Warmblood and Akhal-Tekes in detail.

Experience a day dedicated to the diversity of our horses and learn how classical dressage helps EVERY horse based on its individual requirements. A good trainer is characterized by being able to use the strengths of a horse and by working on its weaknesses by the aid of a well thought out gymnasticising. For that matter sound knowledge of the particular breed is very helpful. Because a selection often for centuries and targeted pairing according to specific criteria pass on their individual possibilities and limitations to every horse breed.

Horsemanship and falconry

Did you know that? Horsemanship and falconry have interesting parallels! Dr. Jasmin Balzereit will show us in an impressive demonstration how much the work with her birds of prey is similar to dressage work with our horses: seeing eye to eye is a central aspect!

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2nd day: Tuesday, 23rd of July 2019

Riding aids - communication between rider and horse

From educating young horses to the completely trained riding horse: a solid communication only is possible if rider and horse has built a common language and worked out particular basics. This would require patience, consequence and much time. Positive motivation has always to be a primary concern of the trainer. Horse-friendly riding aids should be logically, uniformly, unmistakably, precisely and fine. Giving aids at the right time is as important as understandable and logical interaction of the aids. Inconsistent and/or mere mechanical aids miss the point and often lead to assumed contumacies of the horse. So riding aids with much feeling and respect are required.

Anja Beran gives an overview in theory and practice which instruments of aids are available for the rider, how the horse learns different aids and how giving fine aids leads to smooth communication with our horse.

Analysis of the horse to improve it by position, flexion and lateral movements

A thoroughly analysis of the riding horse - from the ground as well as under the saddle - is basis for gymnasticising dressage work which purposefully improves, strengthens and ultimately balances our horse. What does straightening mean, how do I recognize natural crookedness of the horse and how do I use the instruments of lateral movements to balance my horse and collect it solidly? Anja Beran settles all these important questions in detail and concretely by means of horses with different challenges.

Requirements at keeping and feeding of horses

At her training yard Gut Rosenhof with up to 50 horses - among them are many stallions and elder horses - Anja Beran has gained experience for many years and keeps on optimising keeping and feeding of her protégés. She sets special attention on the horse's digestion. Because complications can cause colics, which can become life-threatening for the horse very fast. In an animation movie guest speaker Georg Rattenhuber comments vividly and comprehensively the processes in the horse's body while having a colic.

Mr. Rattenhuber is an experienced horse veterinarian and for more than ten years owner of the "Tierärztliche Ambulanz Rattenhuber" in Rott (Bavaria). Colics are among the most frequent emergency treatments that Georg Rattenhuber and his team have to take care of. His expertise in this field and a clearly demonstrated animation movie, which shows exactly what happens inside the horse while having a colic, make this lecture interesting for every horse owner to be able to evaluate the risks and signs of a colic better.

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The Anja Beran Foundation's warmblood-project

Under the patronage of the Anja Beran Foundation a few warmblood horses are at Gut Rosenhof for training respectively correction for about two years. They are partially from the Main and State Stud Farm in Schwaiganger. Warmblood breeding creates eagerly moving horses in modern type, with high blood ratio and highly sensitive in handling. However, the system, in which these horses have to prove themselves for breeding and equitation, is extremely wearing for their physical and mental development. Already at the age of two years the young horses have to be put in work, numerous performance tests are opposed to healthy keeping, feeding and training. Not a few horses fall by the wayside in this process, others have to struggle with early signs of wear and excessive demands. Anja Beran would like to demonstrate at the training and correction of a few of these highly talented horses that horse-friendly dressage according to classical principles provides for a solid education with healthy and happy horses, who work motivated under their rider up to an old age. In the course of the workshop you can witness the development of these horses year after year and learn which instruments Anja Beran uses to correct a wrong start with much patience and correct dressage work.

Head-neck-position and its effect to the riding horse's health with Elisabeth Albescu

Since time immemorial there is a keen dispute over the right position of head and neck. Nowadays cruel training methods like the so-called Rollkur has led to the fact that this aspect is in the focus more and more. But not only a too dense position, also a head-neck-position which is positioned too high or too low by impact of the rider's hand is contrary to a healthy course of movement of the horse. Anja Beran mainly criticises in this connection the "hand-emphasized" riding. For her a healthy head-neck-position is the result of a correct education and so Anja Beran demands: "Please don't confuse contact with offering support for your horse - it is necessary that its balance has to be remained intact!" In her lecture Elisabeth Albescu explains concretely and understandingly why a manipulation of the head-neck-position harms the horse's health and which biomechanical processes are caused by different head-neck-positions.

Veterinary specialist in chiropractic (A) Elisabeth Albescu has worked in the field of conventional medicine with horses for many years and specialised in chiropractic and acupuncture eleven years ago. Elisabeth Albescu has already successfully commented lectures of Anja Beran like TRAINING THE EYE from a veterinary medical point of view.

Haflinger in dressage

Haflinger horses weren't bred for high school originally. Their strength mainly was in the work input in mountain agriculture. However, for decades the robust blond small horses have enjoyed great popularity mostly with leisure riders. When they train special breeds like Haflinger horses up to high school, Anja Beran and Kathrin Roida impressively demonstrate over and over again that classical dressage is there for ALL horses. Watch the dressage work with a robust horse and assure yourself of the differences but also the commonalities in training of breeds specially bred for dressage.

Gymnasticising in-hand work with Kathrin Roida

Kathrin Roida, author of the book "Gymnastizieren an der Hand" works closely with Anja Beran and has made a name for herself in the scope of her versatile horse training especially in the field of in-hand work. Kathrin Roida will deliver comprehensive insight into her work by practical demonstrations from basic education to gymnasticising in-hand exercises.



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The rider's position with Veronika Brod

Co-author of Anja Beran's book DER DRESSRUSITZ manages her own dance studio and deals with the topic riding seat for many years. Originally Vroni Brod cared for Anja Beran as a physiotherapist and dance instructor. In the course of this collaboration they developed a physiotherapy driven concept which is specific to the requirements of riders. The rider's seat bears a central meaning for Anja Beran when you want to communicate by finest aids with your horse and accompany it smoothly in its course of movements. Not for nothing the trainer dedicated a whole book to this topic and demands there: "It should be our goal to have a horse that is dependent on our seat and independent of our hand!" (Anja Beran, DER DRESSRUSITZ, page 93; THE DRESSAGE SEAT, page 69)

In her lecture Vroni Brod reveals physiological connections and conveys practical instructions, how the riders can work on their individual weaknesses and consequently improve their seat. Because THE gymnastics for riders is not existent: a productive practice program is always geared to the individual requirements and should lead to the ideal manifested by Anja Beran: "When body language works, everything looks easy." (Anja Beran, DER DRESSRUSITZ, page 73; THE DRESSAGE SEAT, page 49)

Ways to piaffe and passage

Correct piaffes and passages are the figurehead of a horse-friendly training according to classical principals. However, for Anja Beran the piaffe is not at all the final aim, but a means to an end to develop lifting force and the related ability for collection of a horse. In this process at the end there is no cut and dried lesson - every horse makes the piaffe and passage in its own possibilities. Not the spectacular performance is essential, but the correct one!

Anja Beran shows in practice how a correct piaffe and passage should look like, which requirements should be complied with to start with the training and which mistakes could occur. You will experience ways to a correct piaffe and passage by means of different horse types, which sometimes demands different approaches, to reach the same goal: the healthy gymnasticising of our horse.

The spanish walk

The spanish walk isn't a mere show lesson for Anja Beran at all, but can have a not to be underestimated gymnasticising value at training a horse. Besides it helps to improve lessons. That's why the spanish walk is absolutely classic for the trainer - not least also because mainly stallions display this lesson by nature.

To carry it out the correct way is very important, which Anja Beran shows in-hand and under the saddle. In addition, different variations of the spanish walk will be presented, like polka, jambettes, spanish trott etc.

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Groundwork for building trust with your horse and Working Equitation trail with Vera Munderloh

Congenitally the horse is a flight animal - competent handling and diversified work however can strengthen confidence between horse and rider insofar, that also in difficult situations the necessary secureness and control are ensured. We present exercises to loosen up your daily dressage work and to prepare your horse for unfamiliar surroundings.

Working equitation is an emerging tournament event, which originally developed from the traditional riding working style in Portugal and increasingly enjoys great popularity. Vera Munderloh delivers insight into the three most important trials of working equitation: dressage, style-trail and speed-trail. She especially goes into the trail course and shows how to manage its different obstacles with your horse the best way and what your attention should be paid to in training. A practical demonstration in the trail course then shows an impression of a ride well-prepared for tournaments through the obstacles.

Canter work - counter canter, flying changes, lateral movements and pirouettes

“Together with walk, the canter is the most important gait”, says Anja Beran (from CLASSICAL DRESSAGE WITH ANJA BERAN, page 78), because “Gentle and yet powerful - this is ... the formula which is so difficult to achieve. Many riders manage to exert gentle influence, but their horses are not coordinated and lack power. Many riders achieve powerful reactions, but with a lot of physical effort and obvious application of the aids, and usually with tense horses which are leaning on the reins. The art is in achieving a perfect symbiosis between lightness and energy, and the secret behind this is: balance!” (from CLASSICAL DRESSAGE WITH ANJA BERAN, page 85)

How does canter work look with remonte, how does it look with the advanced horse and which collected lessons in canter are the aims of high school? Here also the most important requirements and the most frequent mistakes will be addressed to.

Circus lessons

Circus lessons are absolutely taken serious in Anja Beran’s training with horses, also if they are supposed to motivate the horse and guarantee some variety primarily. Which lessons are especially suitable for which horse type, how to practice them and with which benefits circus lessons are connected for dressage in general, this is what our final issue in theory and practice is about.