



ANATOMY IN MOTION with ANDREA DATZ ITINERARY:

February 3-6, 2011 Cave Creek, AZ

Did you ever wish that your horse could just tell you when he has a problem?

Unfortunately, there is a language barrier between horse and human. It is difficult for us, as a primarily verbal culture, to relate to a culture that speaks primarily through the language of the body, as horses do. But it IS possible to learn to understand what our horses are trying to tell us.

For horses movement is everything - they are supremely physical beings. Understanding and working with the landscape of the body allows you to speak directly to what matters most to your horse. Physical touch and conscious/controlled movement access the rational part of your horse's brain.

The Anatomy in Motion lecture and workshop will teach you how to speak directly to your horse's nervous system.

What are the benefits of this?

- **The most obvious is that a calm and relaxed horse is easier to train and less prone to injury.**
- **You learn to understand what your horse's body language is telling you so that you can recognize signs that something is out of balance BEFORE your horse goes lame or resorts to common behavior problems like kicking, biting and bucking to try to communicate.**
- **You'll walk away from this workshop with tools that you can add to your daily training program right away.**
- **If you have a horse that is recovering from or never quite came back from a previous injury this work can allow you to bring them back to full health and performance.**

Itinerary for the weekend:



Friday February 3, 7-9 pm Lecture and slideshow:

This evening session will introduce students to the concepts behind Integrative Horsemanship and Anatomy in Motion by illustrating healthy and unhealthy movement and postural habits in a variety of horses. We'll look at the anatomy as it relates to the movement patterns in the various horses. And we will do some exercises designed to introduce you to the concepts you will be learning in the workshop on Saturday and discuss the vari-

ous ways that our horses communicate to us when something is going wrong.

Lecture Cost: \$40

FREE for participants in Saturday's clinic.

If you are curious about my work this is a great opportunity to learn more.





Saturday February 4
9 am – 4 pm
Anatomy in Motion Workshop

9 am – A brief intro beginning with a demonstration of assessing and working with a horse.

The rest of the morning will be spent bringing in each horse one at a time. As a group we will look at each horse and talk about what we see. The owner acts as handler for their own horse and will get taken through the assessment process individually. The rest of the group will have the opportunity to test their observation and intuitive skills as they watch the horses move.

You'll learn:

- **Postural reflexes** – how does our horse stand? What does his posture tell us?
- **Reflexes for walking and turning** – is our horse able to access healthy reflexes to walk and turn? This gives important information about the nature of a physical problem.
- **Visual assessment** – muscle development, quality of movement, posture
- **Palpation or hands on assessment** – how to feel for pain, tension and range of motion

12:30 - Lunch break

1:30 – 3:30 – We'll spend the afternoon working as a group with all the horses together. You'll learn exercises that will restore healthy function to any problem areas that we identified in the morning. I'll demonstrate an exercise and you'll have the opportunity to explore it on your own as I spend time with each of you one on one helping you find the best way for you to customize the exercise to you and your horse.

3:30 - 4 – wrap up. Question and answer

Cost: \$150 - full color manual included



Friday, Sunday and Monday
February 3, 5, and 6:
Private sessions available

If you would rather not spend an entire day at a clinic but have horses that you would like help with – I will be available for private consultation. Private sessions last approximately one hour.

Options:

Assessment and bodywork/groundwork: I can assess your horse and work with them to release unhealthy patterns in posture or movement. I'll teach you 3 things that you can do to support your horse to maintain those healthy patterns.

Mounted Sessions: If you are having a problem that only arises under saddle I can show you how to determine where the problem is coming from – you, your horse or your tack.

Mounted Session 2: If you are having problems when you ride – with body position, pain or discomfort during or after a ride – I can help you learn how to identify where a pattern is coming from and change it on your own. This method allows you to carry the change forward into your riding with conscious awareness, creating a lasting change.

Cost: \$100 per horse (\$75 for clinic participants).

About Andrea:



Andrea has been an equine professional for 18 years. Her extensive education and experience include a B. S. in Equine Science from Colorado State University, 4 years as an equine vet assistant and practice manager for Glenwood Vet Clinic, and 5 years managing a large horse facility with a 30 stall barn in Carbondale, Colorado.

In the last 10 years Andrea has been immersed herself in the use of alternative modalities to enhance her training and rehabilitation programs. She works with animal communication, homeopathy and flower essences in her daily practice and has continuing education in Equine Massage Therapy, The Equine Touch, and Functional Cranio-Sacral Therapy.

Recently, Andrea has expanded her training to include modalities for helping the rider, including a certification in BioDynamic Craniosacral Therapy and Polarity Therapy as well as training in BioSomatic Movement Re-education. She brings a highly creative and persistent approach to resolving and managing complicated soundness and behavior problems in horses. She currently owns and operates an on-site rehabilitation business in Grand Junction, CO.

After years of successfully rehabilitating horses with crippling physical and emotional issues, Andrea has decided to shift her focus to helping owners be better able to recognize patterns in their horses posture, movement, behavior and performance that provide early warning signs of imbalance. "Learning to recognize the early warning signs in our horses, we are better able to prevent problems before they become significant."

Andrea's passion is teaching horse owners to trust their intuition and to back it up with observable facts and simple analytical tools. Her capacity to bridge the gap between the science of horsemanship and alternative modalities for both horse and human make her clinics unique, informative, and indispensable to anyone who owns or rides a horse.

What clients are saying:

Diane in Longmont, CO after taking an assessment clinic:

"I really enjoyed the workshop with you last weekend! It allows me to utilize skills and knowledge I have in a new way that I am loving. It also adds to and supports my work in the world of helping horses and their humans."

From Emma in Montrose, CO after a mounted session designed to discover why her ankles always hurt during and after rides:

"My 'new body' is still doing great :) Last Sunday Maree helped me do more canter work and it was totally a new experience... having a smooth, following seat... independent legs... being able to breathe... and I wasn't in pain when I got off :) I'm still amazed that it was actually me riding and not just a dream! Forest, Koli, and I send you a huge thank you!!! The lesson I had with you is the best riding lesson I have ever had!"

From Bev in Montrose, CO

"I started working with Andrea over a year ago when I was trying to rehab my horse who had really tight muscles. She showed me lots of techniques to relax them and also how to be more aware of where the tight places were. In the process of doing all of these things, I developed a better relationship with my horse and more understanding of his subtle, and sometimes not so subtle, ways of communicating and showing me where he needed work and also when he didn't want to be worked on. I feel I am much more in tune with him now, both riding and just being around him.

Another time I was having a lot of restriction in my hip. Andrea was giving me exercises to release the tension in there. I was riding around incorporating the new change in my body and my mare was not having a very good day. We stopped and she went right up to Andrea and parked herself in front of her where she needed to be worked on. Andrea was able to release the tension/trauma in her shoulder that has been a major factor in her soundness. Both my hip and her shoulder are still doing well."