

Finding The Sweet Spot of Healthy Biomechanics



This presentation will explore what it means to have healthy biomechanics and why partnership, communication, and playfulness are so important to the process. This method was born from Karen Rohlf's experience in dressage, partnership-based training, and transformational teaching methods. There will be an opportunity for audience participation during the presentation in order to experience one of the concepts. Attendees will get a fresh perspective on the object of dressage, and will leave with techniques they can immediately use to help their horses move with more relaxation, energy, and balance.

Karen Rohlf, creator of Dressage Naturally, combines partnership-based training with dressage to achieve healthy biomechanics while building the partnership with her horses. She is the author of: *Dressage, Naturally... Results in Harmony*, and is an internationally recognized clinician who is changing the equestrian educational paradigm. Karen is known for her student-empowering approach to teaching, her virtual courses as well as her positive and balanced point of view.