

# 2016 Victoria Hamilton Workshop Dates

## Held at Mungo Brae Equestrian Centre

### February

Sunday 21<sup>st</sup> – **Gymnasticise your Horse**

This workshop includes a demonstration, an in-hand session and a ridden session. Horses and riders are assessed at the start of the day and then learn various exercises to correctly develop the horse. Great fun and of immense value for horses and riders of all levels.

### March

Saturday 19<sup>th</sup> – **Test Riding Skills**

Fantastic for riders either preparing to compete or actively doing so. Victoria starts with either a talk or a demonstration where she discusses the aims of each particular level of dressage and then of the specific tests that the riders chose to ride later in the day. She also details her warm-up plan and goes through the test explaining and/or demonstrating how to ride each movement, what can go wrong and where to pick up extra marks. Riders then have a lesson with Victoria followed by the opportunity to ride a test of their choice with Victoria either helping them as they ride it or discussing it with them afterwards and re-riding certain movements.

### April

Sunday 3<sup>rd</sup> – **Test Riding Skills**

Friday 15<sup>th</sup> – **Young Rider Pre-Interschools Clinic**

Tuesday 19<sup>th</sup> – **Young Rider Pre-Interschools Clinic**

### May

Thursday 26<sup>th</sup> and Friday 27<sup>th</sup> – **Gymnasticise your Horse** and Mental Training for both Horse and Rider

### June

Sunday 12<sup>th</sup> – **Test Riding Skills**

### July / August

TBA

### September

Saturday 24<sup>th</sup> – **Test Riding Skills**

### October

Sunday 30<sup>th</sup> – **Gymnasticise your Horse**

### November

Saturday 26<sup>th</sup> – **Gymnasticise your Horse**