



## **"THE BALIMO SEAT CLINIC"**

**Sue Leffler**

**Friday, February 28**

**Saturday, March 1**

**Sunday, March 2**

***"You cannot learn to ride better simply by riding more. You must correct the rider's ability to move with the horse's natural motion to see real improvement in the performance."***

**Eckart Meyners**

The Balimo Equestrian Instructor Program was founded in the USA in 2004 by Jill Hassler Scoop and Eckart Meyners to facilitate the education of riding instructors on ways to help their students unblock the tight areas in their bodies that had a negative effect on their ability to ride well and on their horses.

Eckart Meyners, a retired professor of kinesiology from the University of Luneberg, Germany. In designing his program, brought together exercises from a wide variety of modalities, including Feldenkrais, Tai Chi, Yoga, Pilates, Traeger, Brain Gym etc. With the success of his program, in 2008 the German FN created a special certification course called "Bewegungstrainer EM" which was open only to their "Meister" level trainers who are experienced at the FEI level in either Dressage or Jumping. In 2010 they began integrating this work into the German FN trainer and instructor certification.

Sue graduated from the American program in September 2005 and was a faculty member from 2006 to 2010. Since then, she has been fortunate enough to continue her education with Eckart Meyners by attending the Bewegungstrainer EM updates held twice yearly in Germany. She is the only graduate of the American program to do this.

### **What makes these clinics very different from regular riding clinics?**

The rider is watched in all gaits, and maybe some lateral work as well, to see where the movement from the horse is blocked, or stops in the rider. Depending on what is seen, Sue may ask the rider to dismount, do a specific exercise, remount and see if this exercise has made a positive change in horse and rider. Sue uses whatever exercises she feels will help the rider improve the harmony and communication with their horse.

**Heike Kemmer claims her success at the 2008 Olympics in Barcelona was largely due to the ongoing private clinics she had with Eckart Meyners. By learning to use her body more correctly she was more effective with her horse and was able to dramatically increase their performance level.**

**Sue Leffler** is a much in demand international clinician teaching both Centered Riding® and Balimo™ Seat Clinics throughout Europe and North America. Sue has been invited to the 2014 [Global Dressage Forum NA](#) in Wellington Florida, February 15-16, to present Centered Riding for Dressage riders.

Please visit "Events" at [www.stonehavendressage.com](http://www.stonehavendressage.com) for Rider and Auditor Registration forms.

Clinic hosted by Stone Haven Farm Dressage

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