



ALEXANDER KRONSTEINER

Horse trainer, coach for riding with lightness and joy,
author and online course creator
from Austria coming to your stable and is teaching

FINE RIDING

BASED ON CLASSICAL PRINCIPLES

and thereby gives you

THE KEYS TO SUCCESS FOR A PERFECT SEAT, SENSITIVE AIDS AND A HEALTHY AND WELL GYMNASTIC HORSE.

Improve your riding by learning how to...

- 🔑 ... become more aware of yourself and your horse
- 🔑 ... get in resonance with the horse with your body and your mind
- 🔑 ... work with your balance and develop fine aids with lightness
- 🔑 ... generally train your horse wisely not only physically, but also mentally

Be sure that you will...

- 🔑 ... have deep pleasure in riding
- 🔑 ... get not only an athletic horse, but also a physically healthy one
- 🔑 ... develop the best possible gaits of your horse
- 🔑 ... get a wonderful relationship with your horse
- 🔑 ... improve your own fitness and health

Training in the saddle according to classical principles is the most secure way to ride horses in a healthy and joyful way. Riding in Europe has been passed down from generation to generation for more than 450 years. Based on the principles of the German FN, Alexander teaches you the way to fine riding with his model of the **"4 core aspects of the ideal seat"**.

WHAT TO EXPECT IN THE CLINIC?

IN THEORY AND PRACTICE, THERE WILL BE ANSWERS TO QUESTIONS LIKE:

- Why is riding according to **classical principles** so good for my horse and for me?
- What are the **4 core aspects of an ideal seat** and how can I practice them?
- How can I learn to be more aware of myself and my horse?
- What does an **independent seat** mean and how can I improve at it?
- How do I work best with my **balance** and how do I develop **fine aids**?
- What are the special aspects and details in the seat (rising trot,...)
- How do I best gymnastize my horse while riding and how do I build up an ideal training program?
- How do I recognize when something is not working optimally and what are the strategies for effective self-correction?

Additionally if interested:

- How to start classical work with young horses?

In the end, you'll know why good riding looks beautiful, and why beautiful looking riding is good.

Alexander also shares his experience with different bridles and saddles. However, all types of horses welcome and there is no prescribed equipment in the clinic (the safety of the equipment is the personal responsibility of the participants). Just bring what you have worked with so far, and you will look together how you can best work with your horse in the future. The main point is to recognize where you are with your horse at the moment and to learn what possibilities you have for improvement.

Next clinic with Alexander:

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Fee per participant with horse: _____,- / day

Fee per registered viewer: _____,- / day

Are you interested? Then contact:

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WE INVITE YOU TO ORGANIZE A CLINIC AT YOUR OWN STABLE

Contact: alexander.kronsteiner@outlook.at

STANDARD CLINIC SETUP RIDING CLINIC (SUBJECT TO CHANGE IF REQUIRED):

- Each course day consists of a theoretical part in the morning and then individual training with horses.
- Either 6 or up to 12 full Participants with horses / Day
- When up to 6 participants, each receives two times individual lessons per clinic day (½ hour)
- When up to 12 participants, each receives one time an individual lesson per clinic day (½ hour) .
- The individual lessons are commented and explained in parallel for all other course participants and registered audience during the hole day. (via headset and loudspeaker)
- There is no limit on registered spectators
- A provided discharge agreement must be accepted and signed by all participants with horses.
- Required infrastructure:
 - Riding arena size 20x40 meter
+ Chairs or other seating for all registered audience
 - If somehow possible a seminar room with projector or big TV screen for PowerPoint presentation or at least flipchart and pens