



ALEXANDER KRONSTEINER

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

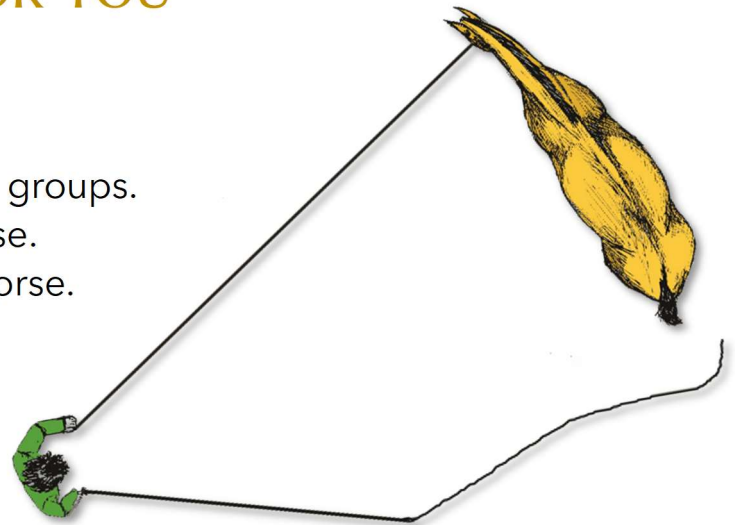
ATHLETIC LUNGING

BASED ON CLASSICAL PRINCIPLES

WHAT ARE THE BENEFITS FOR YOU

AND YOUR HORSE?

- Target and develop specific muscle groups.
- Develop the best gaits for your horse.
- Build a mentally and physically fit horse.
- Prepare young horses for riding
- Rehabilitate injured horses.
- Strengthen the relationship and connection with your horse.



Make the most of your time when training your horse. Athletic lunging is the most efficient way of doing groundwork with horses. Alexander brings his special lunging know-how to you. A knowledge which is based on more than 450 years of European riding history - passed on from generation to generation.

Curious? Then contact:

More about
Alexander



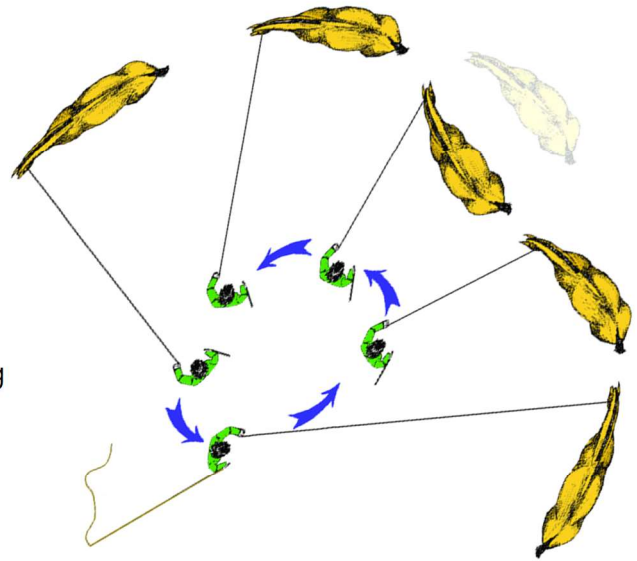
WHAT TO EXPECT IN A WORKSHOP?

BASIC THEORY AND PRACTICE:

- Overview: Why is athletic lunging so good for my horse and me?
- The most important work phases in classic lunging work.
- Suppleness and stretching – meaning, benefits, quality, and criteria
- What dynamic, area-related lunging means.
- The right equipment and its handling.
- The importance of body language and what your horse is telling you.
- Learn how to read your horse.
- Problem solving - Learn to recognize when things are going wrong.

FOR ADVANCED STUDENTS, IF APPLICABLE:

- Working on collection and athletic training according to principles of classical riding.
- Collection: Meaning and application as well as quality criteria.
- Side reins in detail: Benefits and Risks.
- Learn how to set up a training session.



Alexander also presents his tried and tested equipment and tools. Apart from a lunge line, there is no mandatory equipment for lunging. Side reins are optional. You will see and learn how you can best continue to work with your horse in the future. Most importantly, it is about recognizing what condition your horse is in at the moment and to learn what possibilities you have for improvement. Further regular trainings with Alexander might be possible.

Next training with Alexander: - all kind of horses welcome:

Fee per full participant: _____,- / Day

Fee per spectator: _____,- / Day

Curious? Then contact:

BONUS! A four-part online course
about athletic lunging
**get module 1 for free when you
sign up for our newsletter →**

