



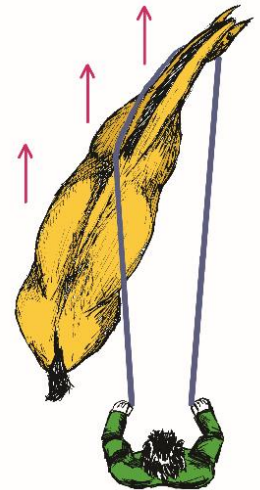
## ALEXANDER KRONSTEINER

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

# IN-HAND WORK BASED ON CLASSICAL PRINCIPLES

## WHAT ARE THE ADVANTAGES AND POSSIBILITIES FOR YOU AND YOUR HORSE?

- Targeted training of the riding musculature, especially for increased collection
- Accompanying training for riding and lunging work
- Preparation of young riding, jumping, driving and vaulting horses for their tasks
- Rehabilitation of sick horses that can be moved but not ridden
- Reasonable training of old horses
- Building and strengthening a wonderful relationship with the horse



For centuries, horses have been carefully trained in hand.

Alexander brings this profound knowledge and know-how to you. A knowledge based on more than 450 years of European riding history - passed down from generation to generation.

Interested? Then contact:

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More about  
Alexander:



## WORKING IN-HAND - WHAT AWAITS YOU?

### BASICS IN THEORY AND PRACTICE:

- Overview: Why is work in hand so good for my horse and for me?
- Suitable equipment and its handling
- Working on the cavesson
- Training structure and **basic exercises** for working in-hand
- The importance of your body language, position and dynamics
- Benefits and limitations of working with the long reins

Learning to recognize when something is not going optimally and problem solving for it.

### FOR ADVANCED, IF APPLICABLE:

- Preparing or improving the piaffe in hand
- Preparatory exercises or improvement of the levade in hand
- Work in the pilares, if available and desired

Alexander also presents his tried and tested equipment. 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: \_\_\_\_\_,- / \_\_\_\_\_

Fee per spectator: \_\_\_\_\_,- / \_\_\_\_\_

Curious? Then contact:

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