

# VADA-CH and *Through Dressage* invite you to a Dressage Rider Biomechanics Seminar



Learn how proper body alignment, rider relaxation, and the use of light aids can add up to a more forward moving horse. Join us for this rider education event which is aimed at finding ease with your horse in Dressage and beyond!

## DRESSAGE FUNDAMENTALS



with Erin Sweeney  
USDF Certified Instructor/Trainer,  
Bronze and Silver Medalist

This one-day Clinic is the next installment of our educational "Dressage Fundamentals" series aimed at understanding the value of dressage training for you and your horse. It is open to every rider, spectator, and family member of a rider who would like to better understand the principles of Dressage and their value in riding and handling horses. Riders and horses of all types and training are welcome.

**AUGUST 24, 2024**



Photo cc: Sondra Sparapani

You are invited to bring your horse and enjoy the day of learning with us. You may also audit for the day and partake in class discussions and riding sessions. Every participant is invited to spend the whole day and enjoy learning and observing the process for each horse and rider. Riders and auditors are encouraged to ask questions throughout the day.

Cost per rider is \$125;  
auditors are free.

Location: Cedar Creek Stables  
Staunton, VA

Mark your calendars and reserve your place by contacting Eleszabeth McNeel at [E7Aquila@aol.com](mailto:E7Aquila@aol.com)



Photo cc: E E McNeel