

Clinic types with Ylvie Fros in 2018

In 2018 it is possible to book the following clinics:

INTRODUCTION CLINIC 'THE ART OF RIDING'

(Only possible to book on a 'new' location or for a group with 'new' participants)

This clinic combines 1 day of Academic Art of riding and 1 day of Centered Riding. Depending on the length of the clinic (1.5 or 2 days) it consists of 3 or 4 blocks of theory and exercises without horse, 2 blocks of private or group lessons in groundwork and 1 or 2 blocks with private or group lessons in Centered Riding. Up to 7 riding participants, lessons are 30 minutes, private. With 7-9 riders, lessons are 45 minutes, semi-private. In the case of 10-16 riders, lessons are group lessons of max. 60 minutes (max. 4 persons/group).

Program:

Day 1

9.00-10.15 Introduction theory about the Academic Art of Riding and groundwork exercises part I

10.30-14.00 Private, semi-private or group lessons in Academic groundwork

14.00-14.30 break

14.30-15.30 Theory about the Academic Art of Riding and groundwork exercises part II

15.30-19.00 Private, semi-private or group lessons in Academic groundwork

Day 2

9.00-10.15 Introduction theory about Centered Riding part I

10.30-14.00 Private, semi-private or group lessons in Centered Riding

14.00-14.30 break (and end in case of 1.5 day clinic)

14.30-15.30 Theory and exercises about Centered Riding part II

15.30-19.00 Private, semi-private or group lessons in Centered Riding

Possible length: 1.5 day or 2 day clinic.

Number of participants: max. 16

The price for an introduction clinic is €1300/1.5days, €1600/2 days excl. VAT.

For groups with >12 riders there will be an additional 65 euro per 'extra' rider/day fee (in the case of clinics with 12-16 riders).

ACADEMIC ART OF RIDING CLINIC

(Includes groundwork, work in hand, longeing and riding, depending on the participants wishes. Theme of the clinic to be decided by the organiser. Examples: "Academic Groundwork", "The biomechanics of collection", "Travers", "Shifting weight", "Riding the horse over the back")

This clinic consists of 3 blocks of AAoR theory and 3 private lessons per participant. Lessons are 30 minutes/lesson private. This clinic can cover the basics of AAoR or take a special AAoR topic depending on the level of the participants and the wishes of the organizer.

Length: 1.5 day clinic (optional, 2 day clinic)

Number of participants: max. 7.

Program:

Day 1

9.00-10.15 Theory about the Academic Art of Riding and/or special topic part I

10.30-14.00 Private lessons in Academic Art of Riding

14.00-14.30 break

14.30-15.30 Theory about the Academic Art of Riding and/or special topic part II

15.30-19.00 Private lessons in Academic Art of Riding

Day 2

9.00-10.15 Theory about the Academic Art of Riding and/or special topic part III

10.30-14.00 Private lessons in Academic Art of Riding

14.00-14.30 End, final questions

The price for an AAoR clinic is €1500/1.5days excl. VAT.

There is the option to expand this clinic to a full 2 days, which includes 4 blocks of theory and riding for an additional €300 excl. VAT.

CENTERED RIDING OPEN CLINIC

(The official CR open clinic)

This clinic consists of 4 blocks of theory and unmounted exercises and 4 riding blocks with group riding lessons (max. 4 riders/lessons) of 1hr/lesson. After participation all riders receive an official CR certificate, which is needed to enroll in a CR instructor course.

Possible length: 2 day or 3 day clinic.

Number of participants: max. 12

The price for a CR clinic is €1800/2 days and €2500/3 days excl. VAT.

SEAT & BODY AWARENESS CLINIC FOR (ACADEMIC) RIDERS

(Special clinic for (Academic) riders looking to improve their seat and body awareness)

This clinic can be a basic seat clinic or cover a special topic such as half-halts, sidemovements, transitions or developing a following seat, depending on the level of the participants and the wishes of the organizer.

This clinic consists of 3 blocks of theory and unmounted exercises on the seat & body awareness and 3 riding lessons per participant.

Depending on the number of participants, lessons are 30 minutes (private, max. 7 riders), 45 minutes (semi-private, 7-9 riders) or 60 minutes (groups, 10-16 riders, max. 4 persons/group).

Program:

Day 1

9.00-10.15 Theory about the Seat and/or special topic part I

10.30-14.00 Private, semi-private or group riding lessons

14.00-14.30 break

14.30-15.30 Theory about the Seat and/or special topic part II

15.30-19.00 Private, semi-private or group riding lessons

Day 2

9.00-10.15 Theory about the Seat and/or special topic part III

10.30-14.00 Private, semi-private or group riding lessons

14.00-14.30 break (and end in case of 1.5 day clinic)

14.30-15.30 Theory about the Seat and/or special topic part IV

15.30-19.00 Private, semi-private or group riding lessons

Possible length: 1.5 day or 2 day clinic.

Number of participants: max. 16

The price for a seat & body awareness clinic is €1500.00/1.5days €1800.00/2 days excl. VAT.

For groups with >12 riders there will be an additional 65 euro per 'extra' rider/day fee (in the case of groups of 12-16 riders).

INTENSIVE LESSON WEEKEND

No theory, just lessons!

Each participant gets 3 lessons per clinic. Lessons are 45 minutes/lesson private. This way, each participant can work on his/her own topic and can choose to do groundwork, work in hand, longeing or riding, depending on his/her goals and wishes.

Length: 1.5 day clinic.

Number of participants: max. 7 with horse.

The price for a lesson weekend is €1500.00/1.5days excl. VAT.

The prices mentioned above are for single bookings. As I prefer to work with the same organizers and the same students more often, I like to give some discount to those who commit to have more clinics per year. For those, I have packages to offer, which include a structure beyond the scope of one weekend. Building up

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theory and practice from one weekend to the next with homework for the participants in between. More info on www.artofriding.org