



Dressage & Flatwork for Jumping Workshop - Lizzie Murray

Lizzie Murray visit us to share her many years of knowledge and training dressage horses, so we can train our horses to be responsive, flexible, strong, symmetrical and in the best physical shape they can be,. An asset for competition horses of all levels and disciplines.

Having trained with many of the World's leading trainers over the years and ridden in all disciplines herself, she offers a varied approach to finding solutions to bring out the best in horse and rider, whatever the level they are working to achieve.

She is very approachable and accommodating for horses for which dressage wouldn't be their first choice!

For those competing in Dressage, she can advise on technical and tactical tips to gain those extra marks.

Jumping horses benefit from a better quality of canter, as riders gain skills to create a better quality of canter and a 'straight' horse, allowing the partnership to ride an accurate, balanced and powerful approach to a fence.

Showing riders gain an insight on how to present their horses to make the most of their strengths. Lizzie is also able to give you feedback on a 'Judge's ride'

Who is coaching this clinic?

Lizzie Murray

- BD Accredited Coach.
- BHSI Level 5 Performance Coach.
- BD List 2 Judge
- SHB(GB) Hunter and Sports Horse Judge.
- International Grand Prix Dressage Rider.

What is this clinic good for?

- Any rider who wants to improve their horse's way of going.
- Wants to improve their own balance and position
- Wants to improve their understanding and skills of flatwork and school movements
- Wants to get better dressage marks.
- Wants a better quality of canter for jumping
- Wants to improve their show in the show ring, and have a 'Judge's ride' feedback

What should I be able to do, already, to get the most out of this clinic?

- Ride in walk trot and canter
- Able to ride a circle 20m

What will we do?

Each session will be an individual 45minute session. You can enter the arena 15 minutes before your time to walk and warm up a little.

Lizzie will work with you on the areas you would like to improve on

What will I get from the clinic?

An awareness of your body and positioning, gaining strength in your position.

Exercises that you can work on to increase your horse's strength and flexibility.

Technical skills to ride school movements

Tactical points to improve your competition results.

Can I stay over?

If you wish to stay overnight there will be an additional charge of £10 a night per stable. If you would like to stay over in your transport - hook up is limited but available (£5 a night), and we have a shower and toilet on site.

There will be a base shavings bed and an automatic drinker. You are responsible for mucking out the stable and it should be left as found. The stable door and bars will be disinfected with a long acting product prior to your arrival.

The stables are Loddon boxes and they have open bars between them, so please let us know if you have a stallion.

It is also possible to link a jumping coaching session the day before or after with our resident BS Accredited Coach, making a mini coaching break.