



**Tellington *TTouch* Training®**

**TTouch for You and your Horse  
Ashwin Stables, Santa Fe,  
April 17-19, 2014**

Linda Tellington-Jones announces the first presentation of her German and Italian training programs in the United States. Classes are designed to help high-level competitors develop more effective partnerships with their horses.

A founding member of the California Dressage Society and Germany's Xenophon, Linda has spent over fifty years in the saddle as a rider, competitor and instructor. She understands the challenges involved in developing a willing, athletic and healthy performance horse able to travel in balance, straightness and lightness over jumps or in a dressage rectangle. Equally, she understands how to help riders identify what is hindering their own performance whether it is asking for a pirouette, improving time over jumps or reducing a horse's anxiety entering a ring. A lifelong teacher, Linda is an effective instructor able to draw from her body of work to offer suggestions that result in immediate improvements.

Linda has worked with equestrian icons such as Reiner Klimke, Klaus Bakenhol, Kyra Kyrklund, and Nicole Uphoff. She has shared tools and techniques with Olympians Annabel Balkenhold, Ingrid Klimke and world class jumper Michel Robert.

Sessions are limited to fourteen: four rider participants and ten auditors. This unique, three-day training program examines the

ways a rider can identify and resolve the physical, emotional and mental challenges they and their horse face while training and competing in Dressage.

Linda will work with the four dressage riders and their horses daily in exercises such as riding without bridle, the Promise Wrap™, the Balance Rein™, TTouch™, and other Tellington training methods. The auditors will have the opportunity to practice demonstrated methods on dressage horses at Ashwin Stable with trainer Joanie Bolton. Each hour-long individual lesson will focus on the specific needs of the horse/rider pair.

Using concepts from her 2013 book *Dressage with Mind, Body and Soul*, Linda will help all fourteen participants rediscover, deepen, or repair their relationship with their horse. She will explain the importance of heart coherence and breath work as she guides all participants through an introspective program designed to help each person truly see and embrace themselves and their horse as a unique, worthy individual.

Participants will be able to practice what they have learned every day, hands-on, for several hours, with help from Linda and other experienced Practitioners using their own horse or program horses. Whether your horse is FEI or training level, a warmblood or a quarter horse, behind the leg or reactive, this three day course will give you the same tools high-level riders throughout Europe are embracing enthusiastically. We hope you join us to discover why TTouch and the Tellington Method is thriving and how it can help you meet your goals and enhance the life and health of your performance horse.