



**Mariette van den Berg**, B. (Hons), MSc.  
Dressage coaching and Horse Training



**DRESSAGE CLINIC**  
**Tuesday 28<sup>th</sup> of September 2010**  
At Tepon Equestrian Park  
Wondecla



**Biodynamics of horse and rider.  
Improving seat and effect of aids.**

- Based on Classical principles
- Introduction biodynamics
- Aspects of Centered Riding
- Exercises to improve seat and coordination of aids

Individual or two riders per lesson (50-60 min)

Cost lessons \$90.00 (private) or \$50 pp (2 riders)

To register for the clinic email: [jannieandmarty@bigpond.com](mailto:jannieandmarty@bigpond.com) or  
contact MB Dressage coaching & horse training



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Tepon Equestrian Park