

**Following is information on a riding clinic this May 15<sup>th</sup> taught by Sharon Pallister (information on her below). If you are interested in signing up, or would like more information, please email or Anita McAllister for details: [anita@freeandclear2012.com](mailto:anita@freeandclear2012.com) or 970-515-6882.**

**Practical Dressage Techniques** which are the basis for the training of a horse and rider.

Through the proper use of leg aids, balance and position of the hands a rider will be able to influence a horse to relax, become supple and enjoy the ride. Sharon has some exercises which both horse and rider need to learn to advance in horsemanship. The aim is to make horses supple, relaxed, flexible, compliant and obedient, all of which will form a more comfortable ride for both horse and rider. By adding these exercises a rider will be able to set goals for both them self and their horse, thus learning more advanced techniques.

As the basic training of the horse is the same for all horses, for whatever purpose the rider wants to use the horse, this clinic could be useful to all riders.

The charge is \$35.00 per horse and rider, depending on how many turn out we would adjust the time spent to make sure that all come away with more knowledge than when they arrived.

*SHARON originally came from Grants Pass, Oregon. Both her father and mother were involved in breeding, showing and training as her interest became manifest at the age of 3. Her father was a farrier and trained Quarter horses on the race track. Her mother was a professional trainer and instructor and still is at the age of 77.*

*Sharon first started riding at 3, she cooled the running horses out after a race. At the age of six she helped raise a twin quarter horse filly that had lost her mother. She started training her and she became a 4-H project. In 1965 she won her first trophy with her and her career started from there. Three years later she won the Oregon State championship in Western Horsemanship as well as receiving the highest honor in 4-H, The Dad Potter award. She started another Appaloosa filly and won another State Championship the following year on her! She has shown extensively in open shows in trail, western pleasure, Hunt Seat, reining, jumping, and halter classes.*

*Sharon was taught by a very well known horsewoman, her mother, Dodie Green. In 1980 she placed 10th out of 467 teams in the US Dressage Federation standings for second-level dressage. Sharon uses dressage principals for every horse she starts and trains; it has worked throughout the years on every horse and also for her students.*

*Sharon presently gives instruction and works primarily with individuals at their property or place of boarding. She looks forward to meeting and teaching any of you that want to learn. Sharon also has a compilation of photos and news paper clippings from over the years.*