

# ART™ Alignment Riding Therapy.

## Night School Teacher Training Manual.

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*Teaching night school classes is a great way of easing you into being the teacher, while giving you a wage as you progress up the ART levels.*

*Instead of giving 9 night school sessions, you can give 3 day courses - using 3 night schools in one day - if you feel confident enough.*

*Each day below has a Teacher Training DVD for your reverence, practise and to sell to your students on the night. You receive 25% commission on sales.*

### **Nine day -Night School Syllabus:**

1. **Night School day 1:** We start the course with the chair game and breathing exercises. These exercises are a great way of increasing the rider's awareness, calming their mind and helping them to feel good and relax together.
2. **Night School day 2.** Straightening the rider laterally using the Diagonal pathway exercise.
3. **Night School day 3.** Feeling contact.
4. **Night School day 4.** Straightening the rider longitudinally using the flexion and extension exercises.
5. **Night School day 5.** How to deepen the rider's seat.
6. **Night School day 6.** How to match the horse's movement.
7. **Night School day 7.** How to make the rider equal on both reins using spiralling exercises.
8. **Night School day 8.** How to engage the horse's inside hind leg to straighten them behind.
9. **Night School day 9.** How to ride a square to exercise both the inside and outside hind legs in flexion and extension to lower the haunches and lighten the forehand.

Introduction to ART night school teacher training by Sandra Parrish - *level one* night school teacher.

### **Joni Bentley Virtual Riding Sessions in Alignment Riding Therapy.**

*"Our aim as teachers is to explain what virtual riding is before we begin the course, and explain what it can do for us as riders and our horses. In short the following is the beginnings of a good description:*

*ART gives horse and rider a systematic series of exercises and exploration activities that allows them to find out what is holding them back, and what helps them to progress and move forward in a way that conventional riding lessons as never seemed to achieve.*

*This unique system helps the rider and the horse through problems they may both be experiencing. It helps the horse and rider progress when they feel they have reached a plateau and are not sure how to progress further.*

*Those of you who are aware of Joni Bentley's Techniques will know they have a basis in the Alexander Technique, Feldenkrais and NLP. But her techniques are much more than just using somebody else's Exercises and Techniques, no matter how good they are.*

*Her exercises are developed from her unique insight into these and other systems, and, most importantly, from her own observation and analytical assessment of the horse's movement, the rider's movement and uniquely the horse and rider's movement together while they are interacting as a partnership.*

*Through her own research and development of this simple system - that so many people have found works so well - and from her own Riding Success without Stress, she has incorporated her journey into ART Alignment Riding Therapy. What does this title in itself immediately suggest to you? We can get together in pairs and make a simple list of the questions it raises and the techniques it raises; and let's see how many are answered by the end of our first session."*

# Day 1

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## Day 1 covers:

- How we think and react under Pressure
- How you breathe in different situations.
- How stress affects your breathing.
- How your mind affects your breathing.
- How the way you use your mind affects your breathing.
- How putting your attention on your breathing centres you.
- How putting your attention on your breathing has a calming effect on your mind and body.

## Exercise 1 Chair game.

1. Ask everyone to form a circle.
2. Then ask each rider to say their name out loud. It is helpful to use word association to help the others remember their name e.g. Hazel (nut)
3. One person starts, Mary looks at Susan says Susan's name and gets up and moves to Susan's chair to sit in it. Before vacating her chair, Susan looks at Dorothy, says Dorothy's name and moves to sit in Dorothy's chair.
4. Before she leaves her chair, Dorothy looks at Lisa, calls Lisa's name and moves to sit in Lisa's chair-and so on in a chain. The aim is to keep on moving.

During this exercise the group will be given tasks to do that incorporate the Alexander Technique.

## Exercise 2. The breathing exercise:

**This exercise strengthens the rider's upper posture while giving them a great sense of peace and a desire to come back for more!**

*In the following exercise, warn people that if they start to feel light headed, they should stop the exercise and rest for a few moments. This breathing exercise will further strengthen and supple the upper back.*

### Exercise:

Start by rolling down your back one vertebra at a time, until your head is between your knees. Rest there a while to put traction on the spine and release any tension.

**Restful breathing.** Push down the base of your tongue as if you are going to yawn. Breathe in this way, and notice that you will make a noise, just like you do when you are asleep. This is because you are breathing holistically using all three areas of your breathing together as shown below.

1. **Base position:** Draw your breath in deeply through your nose into your lungs. Place your fingers on your lower rib cage like this. Breathe in for a count of 4 hold your breath for 4 then breathe out for 6 and hold for 2 then continue 5 more times.
2. **Rest.** Notice how you are sitting on the chair during the rest period. Has anything changed with the contact of your seat bones on the chair? Notice how the sides of your ribcage move. Notice how the back of your rib cage moves.
3. Repeat this round 2 more times.

1. **Middle position:** Place your thumbs in armpits and your fingers across the front of your chest. Breathe in for a count of 4 hold your breath for 4 then breathe out for 6 and hold for 2 then continue another 5 times.
2. Rest, and then repeat another 2 rounds. (For people who can't do this position comfortably use this one.)
3. Place your hands across the front of your upper chest and do 6 repetitions 3 times.

1. **Upper position:** (First go on all fours and stretch out your hands by rocking forwards and back.)
2. Place your hands behind your back, palms down at the base of your neck in-between your shoulders. Show students the position.
3. While breathing, think visualise your arms as wings opening out. Breathe in for a count of 4 hold your breath for 4 then breathe out for 6 and hold for 2 then continue another 5 times. Rest then repeat another 2 rounds
4. To finish roll down your back one vertebra at a time, until your head is between your knees. Rest there a while to release any tension.

**Use the exercise on page 97 RSWS.** This is how to absorb the movement of your horse's head and neck through your upper body.