

# **NEW YEAR WORKSHOP 2019**

*Friday 18<sup>th</sup> January 2019*

*Directors Dining Room, Hawkesbury Race Course  
7pm start*



*Dressage NSW invites you to an evening **Workshop** for “New Rules”, “New Tests” and a remarkable guest speaker, Kristin Dean. For those of you who attended our November 2018 workshop, this will be very similar. It is our first workshop for 2019 and one not to be missed! It will be of particular interest to riders and judges as the new tests put particular emphasis on transitions, balance, communication and accuracy.*

*Our new tests are due to start on February 1, 2019.*

*Our new Rules and Rule reviews are due for January 1, 2019 and the EA Dressage Rule Book for 2019 will be on sale.*

***The evening is free and all are welcome.***

***Friday 18<sup>th</sup>, January 2019 @ The Directors Dining Room, Hawkesbury Race Course***

6.45pm	Registration and nibbles
7.00 – 7.15pm	New Rules
7.15 – 8.00pm	Guest Speaker, Kristin Dean
8.00 – 8.15pm	Supper
8.15 – 9.00pm	New tests discussion

*A little information about Kristin Dean and Equi-Motion.*

*Equi-Motion was founded by Emma Mathlin & Kristin Dean, experienced and passionate practitioners with qualifications in human & equine physiotherapy, exercise physiology, clinical pilates & biomechanics.*

*Equi-Motion provides physiotherapy assessment and treatment, fitness and posture training programs, and objective performance and gait analysis of both horse and rider. They are one of the few in Australia to utilise innovative technology in their performance analysis, including high speed video review with 2D kinematics and inertial motion sensors to obtain an objective measure of gait and movement. Emma and Kristin and have worked with Equestrian Australia, Equestrian NSW & QLD, the National High-Performance Squads, Dressage NSW Young Riders and at clinics held by visiting international instructors.*

**RSVP for catering purposes by January 14<sup>th</sup>, 2019 [suziecunningham99@gmail.com](mailto:suziecunningham99@gmail.com)**