

EQUESTRIAN EDUCATION SYSTEMS, Inc.
For Instructors, for Riders, for Horses

The
Balimo[™]
Program

Instructor Catalog
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Including products and services from

BALIMO[™]
BALANCE IN MOTION

EQUESTRIAN EDUCATION SYSTEMS, INC.

*EES is dedicated to improving the lives of horses
through rider education.*

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Program Developers



Eckart Meyners

Eckart Meyners, a professor of sports physiology and movement at the University of Lüneburg, Germany, conducts research on improving athletic performance. He has worked with the German National Equestrian Federation for twenty-five years, and has been instrumental in developing the methodology of equestrian instruction and rider training in Germany. Over the years, he has developed a unique performance improvement approach based on regaining balance. Through a series of simple, easy movements that address “blockages” in the rider’s body that may interfere with the horse’s motion or impede proper communication between horse and rider, balance, seat and performance are improved. Mr. Meyners has published numerous articles and books in Germany, and to date has published several books in English.



Hannes Müller

Hannes Müller has worked with Eckart Meyners for over twenty years. Hannes is a Master Trainer and Judge in Germany and is currently the Director and Chief Trainer of the German Academy for Professional Riders. The Academy is renowned for its intensive program to prepare professional trainers for certification exams. He supports the Balimo™ Program by providing the theory and practice for technical riding skills, as well as by effectively applying the theory of teaching in the arena. Mr. Müller is considered one of the best trainers in Germany and is widely published there as well.



Jill Hassler-Scoop (1943-2006)

Jill Hassler-Scoop was an instructor, coach and clinician with over 45 years of teaching experience. From 1963 to 1991, Jill owned, managed, and taught from Hidden Acres Farm in Quarryville, Pennsylvania. From 1991-2001, she managed and taught from Hilltop Farm in Colora, Maryland. She then devoted herself full time to instruction and instructor education through Equestrian Education Systems. She published numerous books and articles, available through EES.

The Balimo™ Instructor Program

The **Balimo™ Instructor Program** is a unique approach to the education of the riding instructor. The Balimo™ Instructor Program is specifically designed to prepare individuals to be the best possible educators and Balimo™ body analysts that they can be within their discipline. To effectively achieve that objective, the program curriculum is comprised of two parts; “**Teaching the Balimo™ Way**” and “**Body by Balimo™**”.

In the first section of the curriculum, “**Teaching the Balimo™ Way**”, instructors become better educators by learning “how” to teach. Topics include, communication techniques, lesson planning, psychology, motivators, learning styles, principles of learning, fear and anxiety, and the use of what we call “Task” teaching.

In the second section of the curriculum, “**Body by Balimo™**”, participants become trained Balimo™ body analysts by learning the unique blended methodology of Eckart Meyners exercise and evaluation techniques. In this section, instructors first study the science of motion, particularly as it relates to the human form in combination with the horse. Then, through structured and guided practical experience, instructors acquire a trained eye to assess the principles of movement and to select appropriate exercises to address any deviations from an individual’s movement potential.

By enhancing an instructor’s competence as both an educator and body analyst, This program strives to strengthen the effectiveness of the instructor and therefore, the relationship between students and their horses.

Participants can sign up for individual courses for personal enrichment, can have their courses tracked towards a diploma in the Balimo™ Instructor Program, or can work toward certificates in the Balimo™ Rider Program.

What happens upon completion of the curriculum requirements for those enrolled in the Balimo™ Instructor Program? At the successful completion of the curriculum requirements, all participants receive an Instructor Diploma. In order for the Diploma to remain valid, instructors must attend at least one workshop, or continuing education event every other calendar year. Eckart Meyners' methodology and work is based on continued research; in order for instructors to remain up to date and eligible to be listed on our website, they must stay current.

Special Program Offerings

While being an educated and accomplished rider is an important element to the success of any riding instructor, it is not, however, the focus of the education goals of the Balimo™ Instructor Program. **For those who wish to further develop their riding, we have outstanding contacts in Germany to help further that end.** Whether it be a week at the German riding school or a much longer commitment of working toward a German riding license, our contacts can help arrange these opportunities for eligible individuals.

The Balimo™ Program now also offers an additional piece specifically tailored for the therapeutic riding instructor. These students are required to complete the entire curriculum, just like any other instructor. The only difference is that the exercise application practicum must be completed through our partners and friends at the J.F. Shea Therapeutic riding center in San Juan Capistrano, California, the largest center of it's kind in the United States. In this way, the special requirements of the therapeutic instructor are met relative to exercise application for the handicapped rider.

Curriculum Presentation Methods

The courses in the Balimo™ Instructor Program have been developed from the information that Eckart Meyners believes is important for the educational development of the instructor. Each course in each section of the curriculum has been created with a particular skill set in mind.

There are three types of courses:

Distance Learning - Many courses are offered through distance learning. For these courses, students will receive a packet of information with required reading, projects, papers, sometimes a DVD to watch and evaluate, etc. Students will submit assignments for these courses by e-mail and will receive feedback from a faculty member.

Workshop only (Lab) - The second type of course is the course that is offered at workshops only. These include a small reading requirement before the workshop and a post-workshop integrating assignment to complete and mail in.

Distance Learning with Lab component - The third type of course combines both distance learning and workshop lab components. Pre-workshop assignments, attendance at Lab classes at the workshop, and a post-workshop assignment are required for these courses.

Course types are listed with each course description, as well as in the chart on pages 20-21.

Workshops

Workshops are offered twice a year, usually early Spring and late Summer and the courses offered for each rotates on a regular “every other year” schedule. These intensive and fun events typically require a 3 to 4 day time commitment. Significant time between workshops is allotted so that the pre-requisite coursework can be completed. Staff from the Balimo™ Program take the time to advise each instructor about which workshops to attend so that they may most effectively and efficiently complete their required courses. Instructors enrolled in the degree program will also take part in required practicums in teaching and exercise application.

What's Right for You?

Option 1: Education and Inspiration

Balimo™ Program Symposiums and Clinics are open to the general public. If you do not have the time for a full course of study, these events are a fantastic way to observe and be inspired by Eckart Meyners' work.

Option 2: Education, Inspiration, and Self-Improvement

For instructors who do not wish to receive a degree, but want to expand their education for self-improvement, individual courses from the Balimo™ Program Curriculum may be taken on a course-by-course basis. Additionally, with the \$25/year subscription, these individuals will receive the EES Journal (a quarterly newsletter) and the EES E-News updates.

Option 3: Education, Inspiration, Self-Improvement, and a Diploma

The Balimo™ Instructor Program is for those who want to be immersed in the total Balimo™ educational program. Upon completing all requirements of the Balimo™ Instructor Program, Graduate Instructors may begin teaching Balimo™ Clinics and presenting him or herself as Balimo™ trained. Graduate Instructors may also have the opportunity to become faculty members for the Balimo™ Program.

Note: Option 3 must be selected by any instructor who wants to teach Balimo™ Clinics and present him—or herself—as Balimo™ trained.

*The Balimo™ Program is a service of
Equestrian Education Systems, Inc.*

Instructor Course Descriptions

Section 1: Teaching the Balimo™ Way

In this section of the Balimo™ Program, instructor's become better educators as they immerse themselves in the field of education and pedagogy.

A Balimo™ riding instructor is a well-informed educator, not only understanding principles for preparing and presenting materials in a clear, concise and thorough method but also understanding how people learn, various presentation methods, individual learning needs and practical psychology.

Also included in this section is "Task" teaching which is fundamental to becoming a trained Balimo™ instructor.

Social and Mental Considerations

This course explores the importance of understanding and evaluating the social and environmental situation of each student and the mental state of each student during each lesson. Once these factors have been evaluated, the instructor must decide how they will influence the lesson or teaching style used.

Distance Learning

Introduction to the Stages of Rider Education

Effective instruction begins with a system. Instructors must have an in-depth knowledge of the system of education of horse and rider. This course provides a solid foundation in the 5 stages of rider education, as well as offering beginning practice at using the stages to evaluate a rider's level of training as a step in lesson planning.

Distance Learning

Motivation

While each instructor must be aware of his or her own motivation for teaching, he or she must also be able to understand the individual student's motivations, expectations, and view of success. This topic has a major influence on the instructor's presentation and effectiveness in the arena.

Distance Learning

Instructor Course Descriptions

Lesson Plan Basics

This course involves learning how to prepare a detailed, written lesson plan, using task and command oriented instruction methods, where appropriate. Initially, going through the process in minute detail on paper helps instructors to be prepared and organized in their teaching. The process can then be transferred to a mental lesson plan rather than a written lesson plan.

Distance Learning

Pre-requisites: Social & Mental Considerations, Motivation, Task vs. Command Oriented Instruction

Task Teaching

This course addresses Task Teaching, a method of instruction based on what science now understands concerning the physiology and psychology of learning. This will help instructors lead students to become independent learners, improve their ability to develop muscle memory, and most importantly- “feel”. Appropriate use of this method, as well as guidance on developing the task exercises are discussed in the course.

Distance Learning

Communications Introduction & Lab

This course addresses how we present information in the arena. It includes: the use of the voice, listening awareness, ability to get ‘on the same page’ as the student, recognizing communication styles, and ‘self-talk’.

Distance Learning and Workshop

Personality and Learning Styles

This course covers four basic personality types along with the strengths and challenges of each. Students will assess their own personality type and discuss challenges that may arise as they interact with riders (and horses) of the same or different personality types. Several common learning styles are also introduced and discussed in the context of how knowing a student’s learning style can help an instructor to be more effective.

Workshop only

Instructor Course Descriptions

Lesson Structure and Methodology

This important course includes what is necessary to put the knowledge from Task vs. Command Oriented Instruction and the plan from Lesson Plan into action. The lesson plan combined with teaching methodology will create the muscle memory that allows the rider to ‘own’ the information, and thus, use it. It includes the consistent structure of presentation and the use of command and experience oriented lessons.

Workshop only
Pre-requisites: Lesson Plan Basics (and its pre-requisites).

Scale of Education II

This course builds on foundational knowledge about the scale of education by describing more of what happens within the horse’s body in each phase of training, as well as how the scale is used every day.

Workshop only

Coping with Rider Fear and Anxiety

All instructors will face a student experiencing worry, fear, or anxiety at some time. This course defines the difference between fear and anxiety and delves deeply into how to handle rider fear. Time for sharing of personal experiences will be included.

Workshop only

Practical Psychology for Instructors

Riding instructors face many situations in and out of the arena that could be helped by the application of theories, knowledge, and skills from the field of Psychology.

Workshop only

Performance Anxiety and Lab

This course addresses the very common situation of rider performance anxiety. At the completion of this course, riders will: 1) Understand the normal, natural human processes underlying performance anxiety, 2) Identify the “ideal” state of physical and psychological arousal for optimal performance for different individuals, 3) Understand the reasons for excessive anxiety and the dynamics between rider and instructor that contribute to the problem,

Instructor Course Descriptions

4) Identify both individual Achievement Goals and Motivational Climate and understand how the interaction between them impacts the degree of performance anxiety in your students, and 5) Learn ways to help your students lower their performance anxiety no matter what their level of competition or skill level.

Distance Learning and Workshop

Private Session with Kathy Kelly Ph.D.

Included with your registration for Practical Psychology is one private session, to be conducted during the workshop.

Teaching the Balimo™ Way Practicum

As part of the **TEACHING the BALIMO™ WAY** section of the curriculum, instructors have the opportunity to develop their skills through a required teaching practicum. Instructors will teach one student three times over a three-day period under supervision from faculty. Lessons will be basic dressage lessons. Each instructor will receive an evaluation of their strengths and weaknesses with suggestions for how to improve their effectiveness.

Developing Your Eye

Paramount to putting your Balimo™ training into effect is having a good eye. A good eye means the instructor can see, hear and feel with the horse and rider. The instructor must be able to see what is going on in the rider's and horse's body, decide where the root of any problems are, choose an appropriate exercise to use for that problem, and see the improvement when it appears. Developing the eye is not something that can be learned from a book, or taught over a short period of time. It takes many hours of active observation of an expert in order to develop the eye, and is an ongoing process over the lifespan of every effective instructor. We consider this to be a very important part of the Balimo™ Program Curriculum, and thus require a minimum of 96 hours of observing Mr. Meyners, Mr. Müller or an approved professional riding instructor in action in order to obtain the Instructor Diploma.

Workshop, Symposium, or Approved Venue

Instructor Course Descriptions

Section 2: Body by Balimo™

Teaching horseback riding is more complicated than any other sport simply because there are two unique moving, living creatures for the instructor to deal with. Because of this, instructors need to be able to understand the physical functioning systems of human and horse, be able to ‘feel’ with horse and rider, and understand how the rider learns to ‘feel’. Riding instructors must, therefore, become trained *body analysts* for both rider and horse.

A Balimo™ Body Analyst is defined as an individual who has first studied the science of motion, particularly as it relates to the human form in combination with the horse; then, through practical experience, has acquired a trained eye to assess the principles of movement and to select appropriate Balimo™ exercises to address any deviations from an individual’s movement potential.

The courses offered in this section provide a foundation in the basics of motion, movement, eye development, fitness and ‘feel’, all helping to develop individual skills toward becoming a skilled Balimo™ Body Analyst.

Observation Fundamentals

Developing your eye cannot be taught only from a book. It takes many hours of observing an expert assess and work with students to develop one’s own sense for how to do this. However, there are some key principles that will help you improve your observation skills, and thus, gain the maximum benefit from observing the expert. This course helps instructors to evaluate and develop their own observation skills.

Distance Learning

Fitness/Coordination

While strength, quickness, and adequate endurance are necessary, they are not the only requirements for riders. Riders also need coordination and agility. In this course, students will learn the definitions of fitness and coordination, how they apply to riding, and how they can be developed in themselves and their students, including what to do for the person who lacks natural fitness or coordination.

Distance Learning

Instructor Course Descriptions

The Human as a Functioning System & Lab

This course covers the factors that affect the individuality of each human, including the mental and physical make-up of the individual plus the current muscle memory. The individual is approached from an emotional, mental, and physical perspective.

*Distance Learning with Workshop Lab Component
Pre-requisite: Fitness/Coordination*

The Inner Eye & Lab

To teach effectively, instructors need to have experienced what they are teaching, as well as be able to “ride with the student”. The “inner eye” gives the instructor information that is vital to providing the ideal input for each individual horse and rider. This course defines the “inner eye” and explores its uses in effective teaching and riding, including suggestions for how to develop one’s own “inner eye.”

Distance Learning and Workshop

Warm-up (General and Specific)

These experiential courses are required to be taken in workshop format. Every rider warms her horse up before she begins to ride him in a lesson. However, riders seldom do a personal warm-up or physically prepare for a ride at all, even though preparation is one of the most important elements of sport activity. You will learn methods to warm-up as you move about in your day to day life that will have a positive effect on your riding and teaching. This course is divided up into two parts: 1) General warm-up including the different kinds of stretching, and 2) Specific warm-up, with exercises that focus on specific parts of the body.

Workshop only (to be taken twice for Instructor Diploma)

6-Point Structure for Assessing and Improving Riders

These courses will take you through the 6-Point Structure for Assessing and Improving Riders, including the ideal, common deviations in each area, and exercises specific to each area. Instructors need to experience the structure and combine the experience with the use of the “inner eye” to get to the root of a rider’s needs.

Workshop only (to be taken twice for Instructor Diploma)

Instructor Course Descriptions

Body by Balimo™ Practicum

Instructors develop the skills needed to apply the exercises that are unique to the Balimo™ Program Curriculum. To ensure that they are ready to move forward and teach the Balimo™ Exercises on their own, instructors will be asked to teach portions of the Warm-Up and 6-point Structure Courses at Workshops.

Additionally, instructors will be required within the workshop context, to exhibit competence in their ability to evaluate rider's bodies and to correctly choose exercises that address individual needs.

The **BODY BY BALIMO™** Practicum will be repeated until the Balimo™ Program faculty members are confident that the instructor has a firm grasp of these concepts and can teach them effectively.

****The above requirements are for all instructors enrolled in 2007 and afterwards****

Courses Grouped by Style

Distance Learning

- Fitness/Coordination
- Introduction to the Stages of Rider Education
- Lesson Plan Basics
- Motivation
- Observation Fundamentals
- Social and Mental Considerations
- Task Teaching

Workshop ONLY

- Coping with Rider Fear and Anxiety
- Lesson Structure and Methodology
- Personality and Learning Styles
- Practical Psychology
- Scale of Education II
- 6-point Structure**
- Warm-up**
- Body by Balimo™ Teaching Practicum (teaching a portion of the Warm-up or 6-Point Structure course sequence)
- Teaching the Balimo Way Practicum

Distance Learning and a Workshop Lab component

- Communications
- Human as a Functioning System
- The Inner Eye
- Performance Anxiety

Other: Developing Your Eye Observation Hours—Minimum of 96 hours of observation

*Not required for all instructors.

**Must be taken twice by those instructors working to become Graduate Balimo™ Instructors

Tuition & Fees

Instructor Program

Instructor Diploma Requirements

To receive a Balimo™ Diploma, each participant must finish all of the distance learning courses, attend 4 Balimo™ Instructor's Workshops (2 spring workshops, one in an even year, one in an odd year, and 2 summer Workshops, one in an even year, one in an odd year), and complete the 2 Teaching Practicums (Teaching the Balimo™ Way Practicum and Body by Balimo™ Practicum).

Following graduation, the annual membership fee for the Balimo™ Graduates is \$100.00. This fee is required for the benefits of being advertised as a Graduate Instructor on the EES website. Further, in order for the Diploma to remain valid, Graduate Instructors must attend at least one workshop, symposium, or continuing education event every other calendar year.

Financial Planning

Distance learning

- The cost for the 12 required Distance Learning classes is \$1,800.00. Some of these courses are designed to be taken in advance of some of the courses offered at workshops and others are prerequisites for later distance learning courses.

Workshops

The cost for each Workshop will be approximately \$950.00 based on the conditions below.

- The hotel fees (double occupancy), and some meals will cost approximately \$450.00 per 3.5 day/4 night workshop.
- Tuition for each Workshop will be approximately \$500.00. Workshops are designed to cover as many courses as possible. Participants in the Balimo™ Program need to plan on attending between 4 and 6 workshops to meet all the requirements for the Instructor Diploma. Most workshop courses will have pre-workshop reading and post-workshop assignments to complete in order to "complete" that course.
- Teaching Practicums require additional fees.

Tuition and Fees

Instructor Program

Summary Points

- The **estimated total cost** to complete the courses needed to achieve the Instructor Diploma (if completed in 2 years) will be around \$6,500.00. This includes \$950.00 to cover the three practicums and assumes participation in 4 Workshops and auditing/observing at multiple clinics.
- We strive to keep the number of participants at each event low, to retain the intensive, close-knit quality of the interaction during the event, while still trying hard to keep event costs down.
- Developing Your Eye Observation hours are accumulated from workshops, clinics, and symposiums. Of the 96 hours required, 60 of the hours need to be at one of the main Workshops or Symposiums.
- **Note for those wishing to become Graduate Balimo™ Instructors:**
 - The Warm-up and 6-Point Structure course sequence must be taken two times
 - Practicums may need to be repeated until faculty is satisfied that the information has been mastered.
- Once we receive your enrollment fee, you will be sent a packet including a professional self-assessment, order forms for distance learning courses and books, and any past EES Journal issues from the year in which you are enrolling. We will also add you to our mailing list.
- Every effort will be made to offer the entire Balimo™ Program curriculum every two years. The exact schedule and courses depend on our faculty members' schedules, which occasionally fluctuate.
- Make sure to double check the pre-requisites for workshop courses so that you give yourself plenty of time to enroll in and complete these courses prior to attending the workshop.

Balimo™ Clinics

What Is a Balimo™ Clinic?

A Balimo™ Clinic has a unique structure that includes theory lectures/discussions, an exercise class, and riding sessions that incorporate the principles of the Balimo™ Program. These riding sessions include an initial evaluation of the rider's seat, followed by un-mounted exercises selected by the Graduate Balimo™ Instructor from the Balimo™ “Six Point Structure”, to specifically address each participant's physical issues related to riding. In the first evening lectures/discussions, the Graduate Instructor will cover one topic from the “Six Point Structure”, on which the Balimo™ Program is based. She will also draw upon information from other courses within the Balimo™ Program curriculum. The host can discuss this choice with the instructor to select a suitable topic for the Saturday evening lecture.

The information gleaned at a Balimo™ Clinic is supplementary to the information in the distance learning and workshop courses, and is not meant as a substitute for attending workshops or for course credit. Instructor participants can, however, gain valuable Developing Your Eye Observation hours from Clinic participation.



Improve your riding with The Balimo™ Chair



BALIMO™
BALANCE IN MOTION

Poor posture and the restrictions on our movement from conventional chairs can, over time, cause a reduction in general flexibility, balance, and ease of movement. Through frequent use of the Balimo™ Chair you can regain many of your body's natural abilities

Endorsed by
Heike Kemmer

For complete information, visit www.equestrianeducation.org

We welcome your questions!

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