

EQUINE EMPATHY ESSENTIALS

ABOUT ME

I received my first riding lessons at the age of four. As it was still common in the 1970s, my riding education was very versatile. I learned to ride hunts, drive carriages, and later also took a detour into the world of polo - which, by the way, I can only recommend to every dressage rider to improve their independent balance seat. But my heart has always belonged to classical dressage. I grew up with the spirit of Podhajsky and Müseler. And from the preface of Wilhelm Müseler's Riding Lessons comes this quote, which has been and still is the guiding principle of my riding:

Perfect harmony, in all its beauty, is the ultimate goal of dressage. The horse must show it feels good and the rider must never show how difficult it was to get to this point. (Wilhelm Müseler, 1933)



Riding side-saddle, to which I owe my profound respect for the true importance and scope of training, became from early on a logical means of "checking my training work on the horse" - which, by the way, is done to 99% in a gentleman's saddle. Over time, however, it was the "difficult horses" with either a history of past problems or with simply too "thin a skin" which informed me the most. I succeeded in training several horses to GP level in such a way that they could be ridden side-saddle - and I owe my holistic approach to these very special horses.

In 2004 I started to get involved in equestrian sport beyond the circle of my own riding.

Since 2006 I have been the German representative of the British Side Saddle Association.

Here are a few examples of my involvement over the past 10 or so years. From 2009 to 2015 I was first chairperson of the German Side Saddle Rider Association (RID e.V.) during which time I organised and carried out the first international symposium "Training in the Side Saddle" at the German Horse Museum in Verden, - ensuring that basic principles for riding in the side saddle - with regard to safety, horse welfare and correct training - were included in the rules and regulations of the German Equestrian Federation (FN), - and organising two international, multi-day side saddle tournaments in Aachen.

I have also held several dressage and side-saddle clinics in Germany and abroad and presented the sport at trade fairs such as the Equitana. I receive many invitations to judge side-saddle competitions throughout Europe and have ridden or organised shows at events such as the FEI European Championships in Aachen, the CHIO, the Hamburg Jumping Derby, the All-Russian Equestrian Games in St. Petersburg, the Royal Windsor Horse Show, Xenophon seminars to name but a few.

I have taken training courses on Equiscan back measurement, Bowen fascia therapy, shoeing, etc. and as a result have given specialist lectures myself, including on the history of women in riding or the benefits and possible uses of the side saddle in modern para-sport.

From 2012 onwards, I started working on the technical development of a modern sidesaddle tree adapted to today's riders and horses, which was registered with the German Patent Office at the end of 2016.

In 2014 and 2016 I accompanied a rider coached by me to the FEI World Equestrian Games in Normandy and the FEI European Championships in Gothenburg.

In addition, I have been researching the history of female equestrianism intensively for years and now work with important museums around the world. In the course of this, I published in 2019 my first academic paper on the historic role of women in court equestrianism (Jahrbuch Stiftung Thüringer Schlösser und Gärten, 2018).

I teach and present in German or English.

