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### Dressage, Naturally - Stronger Partnerships and Healthy Biomechanics

Everything comes from

#### Relaxation.

We start with the relaxation of being calm and centered

We build the relaxation of **trust** & the relaxation of **understanding**.

Then we find the **physical balance** that leads to more relaxation...

*(knowing that sometimes in order to find balance we need to add some energy).*

But the purpose of that first energizing is to find a **balance in motion that leads to relaxation**.

If we don't use energy for that purpose we are just creating tension.

**Power** comes from adding a second energy to that place of relaxed movement.

That is why everything must come from **Relaxation** and return to

*Relaxation*

~ Karen Rohlf

Dressagenaturally.net



#### Connect

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#### OVERVIEW

Dressage Naturally provides empowering educational opportunities to all equestrians who wish to be the best they and their horse can be, and have fun doing it. Offering training method that draws from a deep knowledge of dressage and natural horsemanship. Karen's focus is to educate students so they can have connection with their horses that they dream of. Karen offers clinics and has educational materials in the form of a book, DVDs, and an on-line video classroom.