

Amelia's Dressage Academy
Suppleness of the Dressage Horse and Rider



What is suppleness to you? What does a supple horse feel like?

What are you struggling with in your riding and training? How does this relate to suppleness?

Which of the suppleness exercises provided in the Academy is most useful to you and your horse and why?

What improvement have you seen in your riding and your horse since working on these exercises?

What do you want to improve and make better within this month?
(Set a mini goal for yourself :)