

## Reservations

Please go to [www.anchoragefarm.com/rooms.html](http://www.anchoragefarm.com/rooms.html). Check out our rooms. Check availability on line. You may also make a reservation on line. Comment that you would like a dressage vacation. You may also call (303-838-5430) or e-mail kris@anchoragefarm.com.

## Payments

Rooms vary in cost from \$110-\$150/night. There is a nominal 4.2% tax on the rooms. Your deposit will equal one-half of the total cost for your room. We also ask that you pay a deposit towards your riding lessons. You may schedule as many days and as many lessons as you like.

## Cost of Lessons

Lessons are currently priced as follows: \$240 for four one-hour private lessons, \$200 for four one-half hour seat lessons (assuming you fetch and tack the horse). 45-minute lessons are four for \$220. Lessons are provided by CentaurRising.org.

## Our Location

We are 20 miles SW of the intersection of C-470 and highway 285. That's 40 miles SW of downtown Denver and 60 miles from Denver International Airport. We suggest you rent a car so that you can fully enjoy our mountain community.

## Our Facility

We are a small private barn with approximately 30 ongoing students. All horses are involved in dressage training. We have a 50x120' indoor arena and a 20x60 meter dressage arena. Bring your horse if you'd like! At 8300', our summer weather is awesome!

## School Horses

We have five imported German warmblood horses, three US bred warmbloods, three purebred Arabians and one half-Arabian. The German horses include sons of Donnerhall, Weltmeyer and Alabaster. Most have been shown at second level and are training at third level.

## Our Instructors

Our man-and-wife team provide a balance of attention to your correct aids and position. Jim Cooper comes from Michigan where he was a longtime student of Violet Hopkins. He and his first wife hosted clinics with Chuck Grant, Hans Moeller and others. Both Jim and Kris participated in the USDF instructor certification process. For four years they hosted bi-monthly clinics with a German Reitlehrer, thus acquiring a solid Training Pyramid foundation. We continue to host bi-monthly clinics with guest dressage instructors.

**Anchorage Farm  
12889 S. Parker Ave.  
Pine, CO 80470**



# Dressage Vacations in the Rocky Mountains



**Relax**

**Re-inspire**

**Re-confirm Basics**

**Restore Confidence**

12889 S. Parker Avenue  
Pine, CO 80470

**303-838-5086**

[www.AnchorageFarm.com](http://www.AnchorageFarm.com)  
[www.CentaurRising.org](http://www.CentaurRising.org)

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### Who Needs a Dressage Vacation?

A dressage vacation at Anchorage Farm will re-inspire you or your student in a relaxed environment. It will restore confidence. It will re-confirm classical principles away from the day-to-day pressures at home.

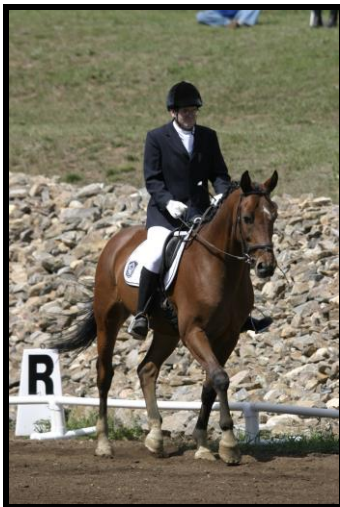
Perhaps you are torn. You want a learning vacation. But your traveling companion just wants a “get away”. The local area offers lots of recreational opportunities other than riding.

You *might* be able to entice your companion to ride as well. We have excellent school horses and are accustomed to teaching all kinds of people. The possibility of a trail ride through our beautiful mountain scenery might be just the incentive he/she needs!

As for yourself ....expect breakthroughs that can only happen in a relaxed environment!

### Planning

When you first come to Anchorage Farm, we will talk with you about your goals and aspirations. What challenges are you facing? We will give you an introductory lesson. We will identify problems associated with your seat, symmetry, timing, use of your aids and your basic understanding of dressage fundamentals.



### Program

With your input, we will help you refine your goals for the period of time you are here. Together we will develop a program of what you need to accomplish these goals: how many times per day you will ride, how many seat lessons and what school horses might be most appropriate for you.

You might want to learn more about lunging your horse or work in hand. You might want to learn more about teaching others. Please use this opportunity to absorb all of what you see and hear. Ask lots of questions. Take advantage of our library of books and videos.

### Cracks in the Training Pyramid

Here are a few of the problems we've observed with guests who have started their dressage journey elsewhere.

**Rhythm** is often lost as one advances through the levels. It is difficult for many people to feel rhythm. Hence they cannot use their aids to help the horse. We assist riders to recognize and preserve rhythm.

Few riders also understand **suppleness**. You will have the opportunity to observe the degree of suppleness in a variety of horses. You will learn how to recognize longitudinal and lateral suppleness – on the ground and in the saddle.

Using the correct aids is very important to obtain the correct lateral suppleness. Without understanding lateral suppleness and flexion, it is very difficult to accomplish the lateral movements, so important for collection.

**Contact** is another subject rarely understood by dressage riders. We help the rider to feel when the horse reaches for contact, to be able to maintain contact regardless of the length of rein and throughout the use of half halts.

It is impossible to have **impulsion** without correct rhythm, suppleness and contact. All of these ingredients are essential to the use of half halts and the recognition of throughness.

**Straightness** is forever elusive without a symmetrical human body. Your time at Anchorage Farm will be used to help you yourself become more symmetrical. We will help you to recognize when the horse is not straight and how to remedy this situation.

**Collection** is dependent upon careful advancement through the other steps of the pyramid. We will help you to recognize collection. We will help you to advance it through half steps and work in hand.



### Amenities

Anchorage Farm is a place designed for relaxation and renewal...We have beautiful scenery, peaceful grounds and comfortable well appointed guest rooms. There are tubs for two, great gourmet breakfasts and a variety of local restaurants.

Stroll the grounds. Enjoy our views, wildflowers, natural spots, deer, elk and soothing waterfalls. Take part in other mountain recreational activities: sight seeing, hiking, mountain biking, rafting, rock climbing and trail riding.

Anchorage Farm is a great place to relax, learn and enjoy your traveling companion. As with horses, real learning takes place in a calm, supportive, relaxed environment. That's us! Please come!

