



DATES 2015 from July

- 05.07 Sunday Morning Work Session
- 11.07 "Straightening" Seminar
- 20–25.07 "Get the spirit!" – International Workshop
- 02.08 Sunday Morning Work Session
- 08/09.08 Anja Beran in Sparreholm, Sweden
- 15.08 "Progression to Piaffe & Passage" Seminar
- 22/23.08 Vera Munderloh in Lancashire, UK
- 06.09 Sunday Morning Work Session
- 13.09 "Problem Horses" Seminar in Thierstein, Franconia
- 26.09 "Cantering Work" Seminar
- 02.10 "Problem Horses" Seminar
- 04.10 Sunday Morning Work Session
- 22.11 6th Symposium, Munich Circus Krone winter quarters

Unless otherwise stated, the events take place at Gut Rosenhof.

Further information at: www.anjaberan.de/termine

Dear readers,

"Good health is a precious asset" - an adage as old as it is true! And not only for us riders but also for our horses. For this reason our current issue of Foundation News is dedicated to a detailed look at the medical aspects of horse training. Equestrian veterinarian Dr med vet Astrid Reitz is supporting us as a specialist in this matter. She will also give talks on this interesting topic at various events at Gut Rosenhof. I have been successfully collaborating with Dr Reitz for quite some time as our tireless dedication to healthy and content riding horses has created a strong bond between us. On the following pages you will also find out about the importance of a rider's physical fitness.



We are already in the middle of the event season at Gut Rosenhof and I am very pleased about the strong level of interest regarding our work and especially about the very positive visitor responses.

I am particularly delighted about the good progress in the construction of our library and seminar room, which will soon contribute to making our training centre for horses, Gut Rosenhof, an educational centre for riders too.

Visit us for the latest news at www.anjaberan.de or www.anjaberan-stiftung.de and of course, also on Facebook and Twitter.

We hope you will enjoy this Newsletter!
Anja Beran & Team



Foundation Concerns

Equestrianism – for healthy horses

How horse training according to the classical principles ensures that horses remain healthy and able to perform until an advanced age

Patience and calmness, in combination with the teachings of the old equestrian masters and the latest findings relating to anatomical elements and bio-mechanical connections - this is the recipe for success used by Anja Beran and her team. "Classical" for them means "orientating themselves according to the nature of the horse: nothing is demanded which is in contradiction to nature or which involves the danger of destroying the basic gaits or psyche of the horse".

The aim of all efforts is for the horse's weight to be distributed evenly over the four legs, and also to bring it into complete balance and symmetry under the rider. One-sided strain inevitably leads to wear and tear! The time spent on training the horse's muscle system in conjunction with

its mental development plays an essential role. Through collecting exercises such as the piaffe, the horse becomes more compact and it develops the muscle system and strength required to carry the rider in natural carriage without tension. The trainer must never force a horse into the desired posture by using strength, coercion or auxiliary aids. Such methods prevent the horse from finding its natural balance, cause it to lose its natural suppleness which leads to tension, and ultimately damage the muscles, tendons and even the skeleton.

Anja Beran also has a differentiated view concerning the frequently practised forward-downward riding: for her this posture serves exclusively as a review of the work which preceded. If it was correct, the horse will



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Continued on page 2

Bloggers at Gut Rosenhof

Classic meets new media

The Anja Beran Foundation invites bloggers to Sunday morning work session

Networking, collective promotion of classical equestrianism, speaking out for animal welfare in equestrian sport in action - in May and June the bloggers Christina Heß, Petra Haubner, Sandra Fencl, Alessa Neuner and Claudia Wittenberg came to visit Gut Rosenhof. They were able to speak to Anja Beran and exchange views, find out all about her work and ask specific questions in personal discussions. There was certainly no shortage of topics to talk about. The bloggers do their bit for the improvement of

training of horses and riders with their online articles which they use to provide their primarily young target group with knowledge about handling horses fairly, as well as to share values such as empathy, respect and consideration. The foundation stone for further exchanges was successfully laid at this first meeting.

Read the reports at the following blogs:

www.alessa-neuner.de

www.herzenspferd.de

www.pferdefluesterei.de 

Courses, seminars, Sunday morning work sessions

Impressions of the events

Motivated performers and interested spectators

Detailed reports on the events along with picture galleries can be found at www.anjaberan.de/aktuelles. Here are a few excerpts:

External trainers

At the Sunday morning work sessions in May all trainers who are regularly trained by Anja Beran, and who themselves train and teach according to her philosophy, congregated at Gut Rosenhof.



From left to right: Marcel Egger, Nadine Kloser, Christine Schmiedel, Katja Baldauf, Anja Beran and Stefanie Seebauer (Contact information at www.anjaberan.de/klassische-reitkunst/ausbilder)... 



In brief:



Cover girl and boy

Professional rider Vera Munderloh on foundation horse Sirius – perfectly captured by photographer Maresa Mader – adorns the cover of the current issue of the "Feine HILFEN" bookazine on the topic of straightening. Anja Beran also contributed to this issue. In August the main focus of "Feine HILFEN" will be on collection - again featuring an article by Anja Beran. All issues of the bookazine can be purchased at events held by the Anja Beran Foundation and can also be ordered at www.anjaberan.de.

Continued from page 1 - Foundation concerns

stretch forward-downward. She certainly does not consider this deep head-neck position as a suitable working posture because it brings horses increasingly onto the forehead. Furthermore, Anja Beran does not consider it to be a natural motion posture in the horse as an animal with a flight response.

Knowledge of the anatomy and natural behaviour patterns of horses is an important basis for correct horse training. By providing a six-year training scheme for pupils, the Anja Beran Foundation works towards preserving and propagating this truly fundamental knowledge and consequently ensuring an increased number of satisfied horses and riders. For Anja Beran this is an all-encompassing and also extremely fulfilling project. 

Above left: External trainers - all together for one event
Below left: Pony gelding Chuck with Nadine Kloser.

Right (from top to bottom):
Anja Beran addressing the audience on 10 May 2015.
Veterinarian Larissa Thielen presents on the topic of dentistry for horses.

Training of the seat with Vroni Brod.

There are others who are also attracted to the Spanish Walk ... as far as the levade is concerned, however, our feline friend can only watch in fascination.

Vera Munderloh with Lipizzaner stallion Super in the levade.

Visit from Russia

Russian journalist Victoria Borisova from EquiLife horse magazine visited Anja Beran at Gut Rosenhof for an interview.



Take one - action!

The correct adjustment of a cavesson was demonstrated for the filming of a video clip for the Kieffer company.



Gut Rosenhof is becoming an educational centre for riders

Construction of the new library with heated seminar room is proceeding well. In autumn there will be an opening ceremony attended by qualified guests.



Digital media

More than 9,000 Facebook fans

The 'Classical Equitation by Anja Beran' Facebook page is gaining an increasing number of followers around the world



In May the number of Anja Beran fans on Facebook exceeded the 9,000 mark and every day new followers are being added from even the remotest corners of the world. This just goes to show that classical equestrianism knows no boundaries! The lion's share of the Facebook friends are women aged 25 to 54 and half of all followers come from Germany. The USA is in second place and even in distant Australia there are almost 300 fans. We even have riders from countries where one may not typically expect to find an interest in classical equestrianism. For example, Anja Beran has followers in South Africa, Brazil, Pakistan, Costa Rica and the United Arab Emirates.



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• Colours: black, brown



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• Material: leather
• Color: black



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• Material: leather

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Benevolence, Balance, Harmony...

are fundamental principles of horse training which are taught and practised by Anja Beran in all aspects of her dealings with horses. Together with Kieffer, this highly respected trainer has developed comfortable and high-quality bridles with which the rider can exert correct and gentle influence on the horse. Kieffer is delighted about this successful collaboration and the opportunity to include Anja Beran's experience and knowledge in the development of its products.

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In interview with: Dr. med. vet. Astrid Reitz

An interdisciplinary approach for healthy horses

Dr. med. vet. Astrid Reitz explains the medical connection between classical training and keeping horses healthy

Dr. Reitz, for ten years you have run a veterinary practice for acupuncture as well as chiropractic treatment and explored new territory with this specialisation. For two years now you have also been working with Anja Beran. Can you explain briefly what it is that connects you and Anja Beran?

We both pursue the aim of horses being healthy, motivated, and able to perform and for this we use ancient knowledge from equestrianism and medicine. We present this knowledge from a modern point of view. We take a holistic view of the horse and also the rider, in other words we consider the individual physical conformation as much as the emotional and mental prerequisites. The shared aim of developing as much potential as possible also leads us to forge new and alternative paths and to link these to the well-proven, age-old teachings. This was



the case with Lorient, a Warmblood gelding, which - with a badly healed fractured pelvis and damaged tendons as a consequence of this - came to Ms. Beran for training. When traditional medicine had reached its limits, Ms. Beran tried new approaches. With consistent care and treatment with acupuncture and holistic manual therapy, supplemented with physical microcirculation therapy and laser treatment, Lorient is once again able to move well in all gaits.

What do you value about Anja Beran's method of horse training from a medical perspective?

I am especially impressed that Ms. Beran takes her time in training each horse and proceeds slowly and responds delicately to the individual animal. Her ability to start work with the most varied of horses, irrespective of their current state, and to encourage and develop them also impresses me. The time factor is something which, from a medical perspective, simply cannot be praised or appreciated enough. The horse needs time in order to develop and to be able to prepare for future demands. Bones, tendons and muscles - so the body of the horse - as well as its mental and emotional constitution must slowly mature. This is the best possible prerequisite for ensuring that the horse remains healthy for as long as possible and can perform well - even when well over 20 years old. You will no doubt agree with me, however, that this is unfortunately the exception rather than the rule.

Which treatment methods do you work with particularly successfully?

I use a holistic therapeutic approach which combines ancient Chinese medicine with manual therapy and classical veterinary medicine. I really get excited about using acupuncture and chiropractic treatment. I am continually inspired by how much I am able to help horses with these techniques - even horses which are regarded as being beyond help. Due to the way in which acupuncture and chiropractic treatments complement each other, I have already experienced so many phenomenal successes. And where it makes sense, my treatments also extend to include craniosacral therapy, laser therapy and Bemer physical vascular therapy. It is also incredibly helpful when horse owners and riders also work actively with me - for



example, supporting my treatments with regular acupressure and when they are open also to focusing on their own "problem areas".

As a rider how can I recognise if my horse has tension or blockages?

This question forms a key part of all of my presentations and will also be the topic at the Sunday Morning Work Session on 4 October. On the one hand it is about sharpening awareness of which factors have an influence on the horse and how they become noticeable. At the same time good perception is required and that means being consistently present in the here and now. It might, for example, come to my attention that my horse is not fully relaxed when I am grooming or tacking up. And, at the latest when I notice mistakes in rhythm or stumbling when riding, I consider whether there may be a blockage. When there is some kind of stagnation within the scope of training, blockages should also be considered as a possible cause and investigated. In addition there are simple ways of checking the horse and obtaining signs of tension and possible blockages which every horse owner should know.

Are there health problems which you see particularly regularly in relation to the riding horses brought to you for treatment?

In general it is fair to say that horses show symptoms in accordance with their use.

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information available on saddles already, a saddle which is not optimally adjusted often leads to health problems for horses. And we also know that a blocked and asymmetric rider has an enormous influence on the horse. In many cases the rider first needs to undergo therapeutic measures in order to deal effectively with the blockages of the horse. A significant factor for blockages which is often overlooked can be traumas dating back to some stage in the past, e.g. a fall or even an operation which can lead to recurring problems at a much later stage.

A lot of riders do not take the time to train their horse. From a medical perspective, how do you view this?

Training over too short a period of time places excessive demands on the horse. Bones, tendons and muscles - none of the structures then have time to really adjust to the demands made. A three-year old horse in this context is still by no means able to cope with such pressure, and mentally it is also not "mature". Often, particularly in the case of horses which show great potential, attempts are made to achieve too much in too short a time. This is to the detriment of the horses which, unfortunately, are very frequently ruined at a very early stage of their lives.



Overtracking at a calm tempo is an excellent exercise for suppling up the horse. Could you briefly explain to our readers why this is so?

On the one hand this is to because of the slow movement, as a result of which the horse can coordinate itself well. This means an integration in the nervous system takes place and therefore the horse "learns" best

at all levels. Short training sessions enable the horse to learn best. At our events we will be demonstrating some practical exercises so participants can experience this effect "live" on their own bodies. The lateral movements are very effective in helping to relax, and at the same time strengthen, the muscle system in the shoulder and withers area as well as in the area of the lumbar spine and the pelvis. This is why I also recommend the lateral movements as a supportive measure after the blockages have been released. And, of course, the same applies vice versa: if the horse has obvious problems in the lateral movements, this often indicates that it has a blockage somewhere.

What advice do you give to horse owners or riders who come to you to find out how they can keep their horse healthy for as long as possible?

My prime objective is to sharpen sensitivity to the wide variety of factors which can influence horse health. I therefore always advise my customers to be attentive to everything - the hooves, teeth, saddle as well as their own problems and difficulties. When I observe the development of the horse attentively, carry out simple examinations of my horse regularly and, if in any doubt whatsoever, get in touch with a specialist straight away, then a healthy horse is by no means a matter of coincidence.

Why does your work focus so much on preventative measures?

Quite simply - to keep the healthy horse healthy. Did you know that in China preventative medicine is popular and that patients often pay doctors to keep them healthy. Luckily here in Germany precaution and prevention is slowly becoming an important issue as well.

What are the motivating factors in your daily work?

Knowing that healing and health are possible! Persistently trying the impossible to achieve the possible. Finding out what is possible and experiencing how I can help and offer support. And this is not just through my treatments but also as a result of the transfer of knowledge and information.



Jumping horses tend to have issues in the shoulder region and forelegs, for dressage horses it tends to be at the back of the body. It is important to know that if there is an unidentified blockage, it is generally - if at all - only resolved through training over a long period of time and with great difficulty. What is, in fact, trained here is usually an undesirable posture which is intended to relieve and protect, particularly in cases when the rider is not in a position to gymnasticise the horse in accordance with its problems. Even though there is plenty of

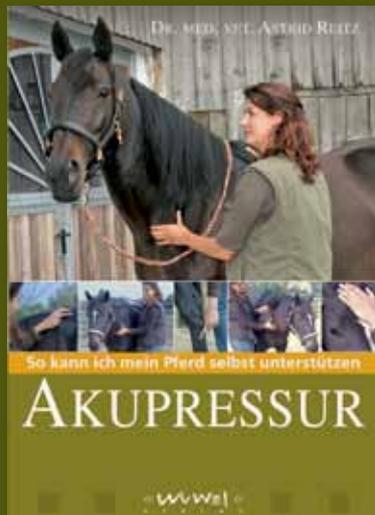
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Product development

New Anja Beran bridles from Kieffer

Kieffer has developed high-quality bridles in collaboration with Anja Beran

The principles put into practice by Anja Beran also require the appropriate equipment. And this is why the trainer has worked closely with the renowned Munich-based

manufacturer for many years. The result is bridles which enable the most subtle and correct influence on the horse. The traditional manufacturer with an excellent reputation and 165 years of experience in Bavarian craftsmanship



believes in the best leather quality and top processing. The product range consists of two snaffle bridles in different designs, two double bridles - also in different designs - as well as a cavesson for lunging and working with young horses. The flagship product is the Anja Beran Exclusive double bridle which has an incredibly classy appearance due to being made from very narrow leather which looks especially refined on the horse's head. The reins are also relatively narrow. A soft padded headpiece and leather browband with integrated magnetic strip on which a chain of Swarovski crystals - available in a choice of two variations - can hang resplendently, make the bridle an exclusive gem which also sparkles in practical terms due to its well-conceived functionality. All Anja Beran Kieffer products are available to order at www.anjaberan.de under the rubric 'Boutique'. 

Product test

Bits and stirrups made of titanium

Anja Beran and her team test new products from Italy

In cooperation with the veterinary faculty of the University of Padua and two of the most important equestrian centres in Italy, the Lorenzini company has developed bits and stirrups made of titanium. Laura Biehler from German importer Equestrian-Net allowed Anja Beran and her team to test the products which have been described as "revolutionary" by the manufacturer. Concerning the stirrups, Lorenzini promises durability and sturdiness as well as improved ergonomics in connection with increased safety. Anja Beran's verdict was positive: "The stirrups are extremely comfortable as they have a broad base and are ergonomically shaped. As I sit for many hours a day in the

saddle, these stirrups make it less tiring for the foot joints and they give a very secure feeling due to the wide contact area". The bits made of the high-end material titanium are especially advantageous because of their biocompatibility and lightness. Anja Beran said: "The young horses chew on the snaffle really well. I couldn't detect any difference in the double bridle bits. It is, however, really pleasing that the bits are extremely light and don't become cold in the winter temperatures - they feel warmer." 



Animal welfare

The Anja Beran Foundation helps rescue fawns

Ten 'fawn-rescuers' purchased to protect fawns from mowers



When the fields are mown for the first time in May, fawns face a great danger! Newly born and still too weak to walk around, the mother leaves them to rest in the long grass. The farmer can often not see the hidden fawns so they get caught up in the mowers and injured, causing them to suffer a painful death. Since spring this year, farmers can request the fawn-rescuers for their fields free of charge and a team from the Anja Beran Foundation sets up the equipment. By means of the most modern technology, the deer are reliably and safely 'scared off', as it is known in the specialist terminology of gamekeepers. The method is successful and gentle for the animals as, thanks to the sophisticated system, the deer are not fundamentally frightened away from their grazing area. And the farmers also benefit from this system - for one thing they do not risk violating animal welfare laws and they also avoid the health risk of hazardous botulism which arises if an animal cadaver gets into the grass cuttings. More information is available at: www.naturtech-oberland.de



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Portrait Foundation horse Generale Cassa

Kladruher gelding, born 2004 –
the story of an ugly duckling

Generale Cassa was born in the Czech National Stud Kladruhy as son of the Kladruher stallion Generale Energica. Even the start of his life wasn't very easy as he had a twin sister which also luckily survived. This was a unique situation all-round as twin foaling is very rare in horses and when it does happen, it nearly always leads to a miscarriage of the unborn foals. However, both of the small Kladruher foals survived but had an extremely frail physical conformation caused by deficiencies as a result of the twin pregnancy. At four years old Generale Cassa came into the hands of the Anja Beran Foundation; broken in for riding and driving but with a particularly unfavourable conformation for a riding



horse. But in lieu of this the grey horse's character made him almost predestined for classical equestrianism and later to become a schoolmaster horse for the pupils. The General, as he is fondly known at Gut Rosenhof, is very affectionate towards humans, modest, but also incredibly hard working and willing to perform. The gelding, which is not so attractive on the outside, found a real place in professional rider Vera Munderloh's heart and she used his inner values to train him as a magnificent schoolmaster horse in a classical sense. Today Generale Cassa excels in all lateral movements, demonstrates a supple, exemplary piaffe despite his unfavourable conformation, and does the passage, flying changes and canter pirouettes. And so the horse that once was an ugly duckling has become a well-muscled, proud swan! 



Foundation animals

Happy as a pig in mud

The pot-bellied pigs Norman, Willi, Olga and Hansi

If you look at a typical day of the Asian pot-bellied pigs Norman, Willi and Olga at Gut Rosenhof, then it really is easy to believe in the phrase 'happy as a pig in mud'. At exactly seven o'clock in the morning the gate of the pig sty opens and the pigs are free to move about until six in the evening. The pigs rarely make the most of this freedom, from a spacial point of view at least. Norman only just manages to make it to the next tree - 100 metres away - where he indulges in copious amounts of beauty sleep. Even if the sun shines, the spotted potbelly rarely takes advantage of the shade of his tree



"Something nice to eat?" - pigs are not fussy eaters

and in summer his white skin regularly gets sunburnt. In the evenings Norman, Willi and Olga voluntarily make their way back into the sty and make it really comfortable by covering themselves cosily in straw for their well-earned good night's sleep.

Hansi, on the other hand, can only be allowed out of the enclosure if someone is available to keep a careful eye on him. Too often his irrepressible appetite has enticed him to clear out the food stores - which does not go down well with the horses and it doesn't do his already voluptuous figure much good either. Hansi is also a belligerent swine which is why he doesn't share his sty - and especially not his food - with anyone else.



Willi on his daily patrol

Gut Rosenhof snapshots



A broody hen in the rabbit hutch...



Merlin enjoying his private sandy beach...



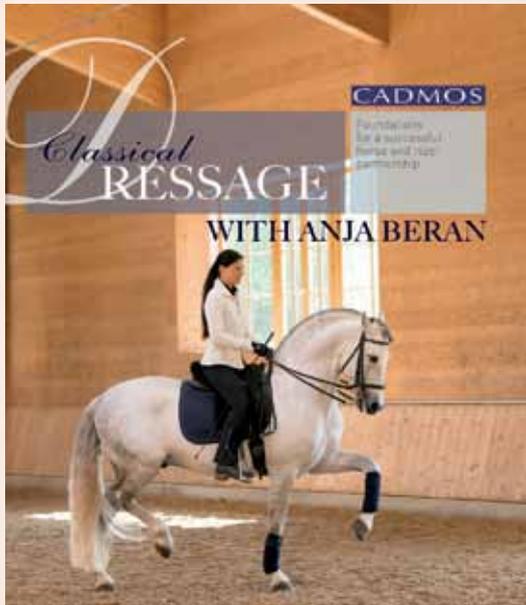
Descerado and the Blackneck goats

And how did the pot-bellied pigs come to reside at Gut Rosenhof? In some cases in very convoluted ways: The boar Willi was abandoned and was led by his instinct to the pot-bellied pig paradise. The sow Olga came from a nearby 'Märchenpark' (fairytale theme park). Hansi and Norman - the grandfather of the group at 18 years old - were orphans and had to find a new home.

And what do the horses think? At first they had to get used to the sight of the bustling, grunting, thick-skinned, fat-bellied creatures rummaging around in their paddocks on their short legs. But so far even the more sensitive horses have adapted. 

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Anja Beran

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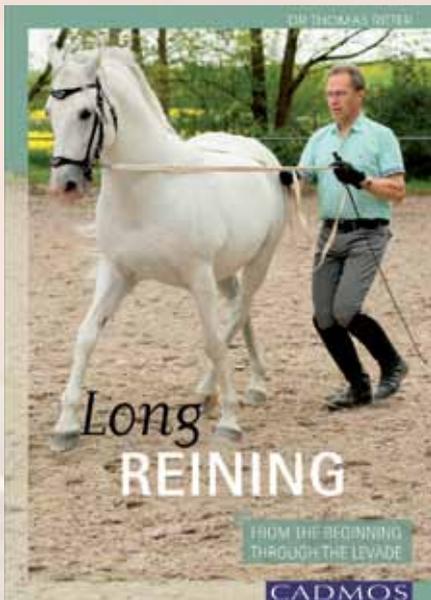
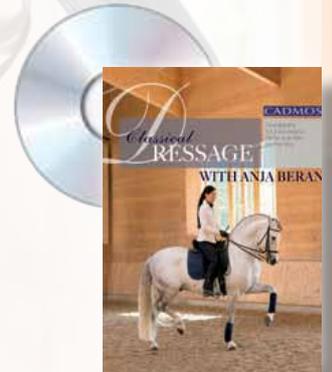


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