

## **Ulla Boyson, Wacky Nut Farm Manager/Trainer**

I would like to give you some information about myself and my philosophy on riding horses. I am a native of Stockholm, Sweden and currently reside on Bainbridge Island, Washington. My educational background includes attending the Strömsholm National School of Riding Trainers Program in Sweden, the original USDF National Dressage Instructor Seminar (as one of ten participating instructors selected nationwide) and numerous other USDF instructor's workshops and seminars, as well as many dressage clinics in the United States and Europe. I have studied environmental conservation and horse production at University of California, Davis. My experience also includes 35 plus years of teaching and training dressage both at my home base and at clinics throughout the United States. I have developed from the ground up and managed a dressage, combined training and breeding facility for 33 resident horses in California as well as owning and managing a 19 horse training and breeding facility on Bainbridge Island, WA for 7 years. I am currently the manager and trainer at Wacky Nut Farm Equestrian Center on Bainbridge Island, WA.

My students have competed successfully nationally from Training Level through Grand Prix dressage as well as in Combined Training. For the past 19 years I have been based at Barnabee Farm as chief trainer and instructor while simultaneously teaching clinics nation wide. Together with Henrik Johansen I have developed and organized the Positive Riding System, including a series of clinics for educating dressage instructors as well as a clinic series for amateur dressage riders. Our basic philosophy is to always do what is best for the horse. To learn more about Positive Riding click [www.positiveriding.com](http://www.positiveriding.com)

I feel that it is very important for riders to understand the following:

What correct, classical dressage riding is all about and how it affects and develops the horse both physically and mentally;  
How to communicate with their horses in a logical and consistent manner;  
How to develop a confident and willing horse.

It is quite a challenging task for the rider when she/he sets out to develop an athletic, supple, and obedient horse - this challenge should be fun, exciting, rewarding, and never turn into a battle or a fight. The best way for the rider to succeed is to gain as much knowledge as possible about how to ride the horse in a logical way, making positive use of its natural instincts. The rider also needs to learn how it should feel and look when it is right, when horse and rider are in harmony, as well as how to find the way there. It is very important to understand that it takes time for both horse and rider to develop, and that there are no shortcuts in good education.

This holds true for every rider and horse, whether the goal is to compete at Grand Prix, to be successful in combined training or jumping, or to train any horse to its fullest potential - no matter what its age, breed, size or way of going.

Therefore, my goal in educating riders is to provide them with an improved understanding for the natural tendencies and instincts in the horse and how to use them to their advantage; to help them understand how to communicate with the horse in a positive and productive manner; as well as putting the riders into a position where they can begin to feel and understand how it should feel when a movement is ridden correctly, and how to develop the correct frame without use of force.

It is also my goal to provide the rider with as many tools as possible, in the form of

gymnastic exercises for the horse, as well as theoretical knowledge. This can be used in a systematic way by each rider in educating their horses.

I feel that in a lesson situation it is often the case that the instructor learns something new from the rider, at the same time the rider learns from the instructor. Should you have any questions or comments please feel free to speak up at any time during our lessons, or to contact me afterward. It will be my pleasure to speak with you and to help you in any way I can.