

Dressage TODAY

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Be the advocate for your horse

levels—practice taking up the reins slowly, while leg yielding slightly away from your inside leg. Although you are certainly using your leg in the transition

of the saddle. What can I do to keep this from happening?
Janna Smith
Carmel Valley, California

Beth Beukema

is a U.S. Equestrian Federation (USEF) "R" dressage judge and a U.S. Dressage Federation (USDF) bronze and silver medalist. She is President of the Intercollegiate Dressage Association. As associate professor of equine studies at Johnson & Wales University, she directs its Center for Equine Studies in Rehoboth, Massachusetts.



Suzanne Dansby-Phelps

has been long- and short-listed for the U.S. dressage team for seven years and was a team alternate for the 2006 World Equestrian Games. She is ranked among the top U.S. riders on the BCM/FEI World Rankings. A USDF gold medalist, she operates Dancing Horse Dressage Farm in Atlanta, Georgia.



Cesar Parra, DDS,

competed for Colombia at the 2004 Olympic Games in Athens and the 2002 World Equestrian Games in Spain. In 2003, he placed fourth at the Pan American Games in the Dominican Republic. A popular clinician, he is based in Whitehouse Station, New Jersey, and Jupiter, Florida. His Web site is plaffie-performance.com.



Melyni Worth, PhD,

has trained and maintained performance horses for 28 years. She has a PhD in equine nutrition and exercise physiology from Virginia Polytechnic Institute and is author of the book *Equine Nutrition*. Her Foxden Equine manufactures equine supplements and is based in Sharts Draft, Virginia (foxdenequine.com).



Have a question about dressage? Email it to dressage.today@primedia.com or send it to *Dressage Today*, 656 Quince Orchard Rd., Suite 600, Gaithersburg, MD 20878—Ask the Experts is compiled by *Reina Abelshauer*.