los-gelassen

ENTWICKLUNG FÜR MENSCH & TIER



Anne Schmatelka

Holistic Horse Training

Understanding Connections, Preserving Soundness

HOLISTIC · HEALTH-FOCUSED · SUSTAINABLE

ABOUT

Holistic Horse Training

Understanding Connections, Preserving Soundness



Anne Schmatelka combines many years of riding experience with in-depth expertise in equine anatomy, biomechanics, muscle development and the principles of sound, horse-friendly training.

Her work is based on the belief that sustainable horse training is only possible when the horse's physical condition, movement patterns and the rider's influence are understood as an interconnected system.

BACKGROUND

Professional Expertise and Equestrian Background

A fundamental influence on her professional and equestrian development was the ten years she spent training under **Paul Stecken**, her mentor and one of the leading representatives of classical German riding principles. From him, she learned the fundamental principles of correct, systematic and horse-friendly training. His teachings and philosophy continue to shape her understanding of equine education to this day.

For many years, Anne Schmatelka also trained under **Siegfried "Bimbo" Peilicke, former German National Dressage Coach**, developing her own riding skills up to advanced level (Grand Prix level). She has extensive experience in training both horses and riders up to the highest levels of dressage.

AT A GLANCE

MENTOR
Paul Stecken
ten years of training in classical German riding principles

TRAINER
Siegfried "Bimbo" Peilicke
former German National Dressage Coach

LEVEL
Grand Prix
training horses and riders up to the highest levels

EXPERTISE
Anatomy · Biomechanics
muscle development and sound, horse-friendly training

AUTHOR & EDUCATOR

An International Reputation

Alongside her practical work, she has established an international reputation as an equestrian author and educator.

200+	2011	~30
international specialist articles since 2008	bestseller “Über den Rücken”, a standard reference	clinics worldwide each year

Author of more than 200 international specialist articles since 2008.

Author of several specialist books on horse training, relaxation, muscle development, massage and equine back problems.

Author of the bestseller **“Über den Rücken”**, which has established itself as a standard reference on equine back problems since 2011.

Developer of a comprehensive, year-long equestrian training programme.

International speaker and clinician, conducting approximately 30 clinics worldwide each year.

Co-developer of the **Los-gelassen dressage saddle**, together with master saddler Frank Wohlhorn, exclusively manufactured by Passier.



PHILOSOPHY

Her Philosophy: Understanding Connections Instead of Treating Symptoms

The focus of her work is not on teaching individual movements or dressage exercises in isolation, but on understanding the physical and riding-related connections that determine the horse's development.

1. *How does a horse develop the carrying capacity it needs?*
2. *What role do relaxation, an active hind leg and correct muscle development play?*
3. *How does the rider's influence affect movement quality and the horse's long-term soundness?*

These questions form the foundation of her teaching.

Anne Schmatelka combines theoretical knowledge directly with practical work in the saddle. Her aim is not simply to provide riders with specific solutions, but to give them the understanding and skills they need to continue developing their horses independently, thoughtfully and with long-term soundness in mind.

HER BELIEF

Correct riding is animal welfare in practice.

los-gelassen
ENTWICKLUNG FÜR MENSCH & TIER