

## Calendar of Events

membership@neda.org

January 22, 2026

### **NEDA Know How: Jarilyn Gibson of Finesse Dressage**

07:30 PM - 08:30 PM EST

Dawn Mackenzie,  
mackenzied@neda.org

*Join the NEDA moderators and Jaralyn Gibson to discuss contact, what the horses are saying, and how to listen to the horses from the rider and judges' perspective.*

*?A life-long rider, Jaralyn was fortunate to learn from some of the best, who put horse welfare first and taught the highest standards of horsemanship. Jaralyn has developed her training approaches over 40 years of effort, education, competition and practice.*

*Jaralyn's focus on dressage began as a working student with US Team rider Arlene "Tuny" Page in 1994 and 1996 in Hamilton, Massachusetts. Jaralyn has been coached by many talented trainers thereafter; William Warren FEI\*\*\* judge (2004-present), Conrad Schumacher (2005-present) and Scott Hassler (2010-present). Jaralyn's early teachers include Lainey Johnson, for whom she cleaned stalls to earn rides on school horses at beloved Mainstone Stable and who is today her best friend and mentor. Also the exceptional coaching staff at Skidmore College from 1991 to 1995, where Jaralyn was a member of the National Champion Varsity Equitation Team.*

*Jaralyn has earned all USDF Medals with Distinction; Gold (2011), Silver (2007) Bronze (2005) and the Gold Freestyle Bar (2012). Jaralyn has helped more than 80 clients since starting her full time training business in 2007, with many long term, invested relationships. Jaralyn loves helping students earn their USDF Bronze, Silver and Gold Medals, and setting annual goals from learning to sit the trot to qualifying for Regional Championships. While the bulk of her clients have been adult amateurs and professionals, Jaralyn is particularly proud of her young riders and working students.*

*Prior to being a full-time trainer, Jaralyn had two rewarding careers and during both she trained and competed horses for clients. Using her BA in Government from Skidmore, Jaralyn worked for NOW-NYS, Inc. as Director of Governmental Affairs, helping to manage and lobby for the 30,000 member women's rights organization from 1997 to 2000. Jaralyn intended to pursue law school, with acceptances to multiple institutions, but was recruited by the founders of SmartPak Equine, LLC in 2000 and joined them as the fourth employee as Marketing Manager. After 6 amazing years growing this start-up, Jaralyn resigned as the Vice President of New Business Development and launched her full time training business, Finesse Dressage LLC, based in Poolesville, MD in 2007.*

*Finesse Dressage has evolved into a boutique training stable, with a farm in Loxahatchee, FL at White Fences for the winter and southern Virginia in the summers. Jaralyn and her life-partner (and farrier!) Joseph Hubschman have an amazing son William and family time has become an important aspect of everyday life with the horses since William's arrival in 2018.*

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January 29, 2026

**NEDA Know How: Shannon Dueck to discuss "What is in Front of the Leg?"**

07:30 PM - 08:30 PM EST

Dawn Mackenzie,  
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*Shannon Dueck is a lifelong equestrian who moved to New England from Vancouver in 1997 to get closer to great dressage opportunities. She has represented Canada internationally at the Pan Ams, WEG and the World Cup on self-trained horses, and coaches internationally as well. She now resides in Loxahatchee Florida where she runs Dueck Dressage Training and is lucky enough to count Carl Hester as one of her coaches. Shannon's sessions with NEDA Know How are always incredibly thorough and highly rated- she last discussed this topic with our membership five years ago, but it wasn't a recorded session. We are grateful that she's willing to return again to discuss this with us, and hope you're able to join!*

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February 5, 2026

**NEDA Know How: Dr. Shannon Pratt Phillips to discuss equine nutrition**

07:30 PM - 08:30 PM EST

Dawn Mackenzie,  
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*Shannon Pratt-Phillips, PhD, received her Master of Science from the University of Kentucky and her Doctor of Philosophy from the University of Guelph, focusing on equine nutrition and exercise physiology. Pratt-Phillips joined the faculty at North Carolina State University in 2006, where she currently teaches equine nutrition in the Department of Animal Science. She is the director of the Distance Education Animal Science Programs, which includes the Master of Animal Science program, and her field of research focuses on glucose metabolism, insulin resistance, obesity, and laminitis prevention and management in horses. She is also the owner of Phillips Equine Nutritional Services, a consulting service.*

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**NEDA Know How: Lauren Sprieser to discuss virtual lesson tips**

07:30 PM - 08:30 PM EST

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*A student of Lendon Gray in college, Lauren competed three times at the North American Young Rider Championships, earning Team Bronze in 2003, and Team Gold in 2005, placing as high as fifth individually. She was also successful in the U25 ranks, qualifying three horses for the National Championships, including one made completely from scratch, all before her 25th birthday.*

*With a semester while in college spent working for 3 time Olympic Gold Medalist Monica Theodorescu and her Olympian father Georg, Lauren knew horses were more than just her passion – they were to be her career. Upon graduating from Sarah Lawrence College with studies in Public Policy and Urban Planning, Lauren spent a year as a working student for several exceptional trainers, including Olympic Bronze Medalist Carol Lavell, before setting up her own business in Marshall, Virginia in the fall of 2007.*

*Lauren currently rides with Olympic Bronze Medalist Allison Brock.*

*In addition to riding and training, Lauren has become a popular social media figure. She is an extremely popular blogger for national equestrian magazine The Chronicle Of The Horse, and writes regularly for magazines like Dressage Today and Practical Horseman. She also has an avid following on Facebook and Twitter, and is particularly gifted at promoting her sponsors in creative ways, through marketing campaigns both online and at her Virginia and Florida locations.*

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**NEDA Know How: Ori Kilner (joined by Jane Karol) discusses structural therapy for riding**

07:30 PM - 08:30 PM EST

Dawn Mackenzie,

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*About Ori:*

*My name is Ori Kilner. I am a yogi, yoga teacher, wellness consultant, nutritionist, structural therapist, mobility coach, and Mom to two amazing daughters. I have lived and traveled around the world, taking in the many different cultures, languages, and healing arts.*

*At age three, I began a life-long practice of the “8 limb path”, an ancient framework for spiritual growth foundational to yoga as we know it today. At age 10, my family moved to India where I began the study of Sanskrit, an ancient language which gives words to what otherwise is too subtle to express. This allowed me to study the oldest scriptures in their original language. At age 13, after three years of intensive study, I began teaching Vedant philosophy and meditation. I received a Masters of Meditation from the International Meditation Institute when I was 16. Over the next few years I moved to British Columbia to finish high school. When I was 18, I returned to Kullu, India and opened my first yoga and aerobics studio. I entered a premed college program in the U.S. but realized in my third year the limitations of symptom-based medicine. I began 30 years of study and practice of holistic medicine, including: Ayurveda, nutrition, sound and energy healing, acupressure, quasah, cupping, Reiki, Graston technique, myofascial palpation, somatics, Egoscue method, Feldenkrais, trigger point therapy, mobility techniques (rolling, muscle flossing), weight-based strength training, and chi running. For the past 15 years, I have been engaged in a sustained inquiry into neuroscience and how meditation can change your brain.*

*I lived in Brooklyn, NY where my two daughters were born. I had a yoga studio there and made lifelong friends. I moved to Massachusetts in 2008 and have had a home studio as well as taught at Gold’s gym and On The Mat yoga studio in Concord. I have been teaching yoga, meditation, pranayama, cooking and nutrition, and many workshops and retreats with large companies and small groups. Sasha (my daughter) and I have spoken to groups about supporting middle school and high school kids through anxiety, depression, suicidal ideation, how to communicate about these issues and tools to use. Alongside my teaching and speaking engagements, I have run a private practice out of my home since my children were born and enjoy welcoming people into a cozy place of healing.*

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February 26, 2026

**NEDA Know How: Hope Cooper and Josie Zeeb to discuss the World Breeding Championship**

07:30 PM - 08:30 PM EST

Dawn Mackenzie,

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*Hope Cooper and her manager, Josie Zeeb, recently traveled to Verden, Germany with O Romeo S (Ollie) to compete in the FEI WBFSH Dressage World Breeding Championship for Young Horses. They scored 83.40% on the first day, putting them in 12th place out of 40 entrants and qualified them for Saturday's large final—a rare accomplishment for a U.S. pair at the world young horse championships. At the finals they finished 12th on a score of 82.40%, and the girls will join us to share the prep and management needed to bringing this young horse overseas to such success.*

*Josie's love for horses became clear at an early age and that drove her to join 4H where she expanded her knowledge and made many great friends. Her interest in horses brought her to Bear Spot Farm where she is passionate about her work caring for the horses and hopes to gain more knowledge and experience. "I've loved horses all my life and being at Bear Spot has really opened my eyes to how unique every horse is and how it takes a little listening to really understand these amazing animals". When not at Bear spot she enjoys spending her time hanging out with her cat Beckett, going on bike rides and working on projects for the Guatemala aid fund where she is the Vice President.*

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March 5, 2026

**NEDA Know How: Dr. Fred Nostrant to discuss Helping Your Dressage Horse Feel and Move Like a Champion**

07:30 PM - 08:30 PM EST

Dawn Mackenzie,

mackenzied@neda.org

*Dressage horses work hard, and as riders, you are often the first to notice when something just doesn't feel quite right—maybe a stiffness, unevenness, or a change in attitude. This is the time we should take action to support our horses. In this talk, Dr. Fred Nostrant will explain how acupuncture and chiropractic therapies can help support comfort, soundness, and ease of movement in the dressage horse.*

*Using clear, real-world examples, Dr. Nostrant will break down how these therapies work, when they're most useful, and how they fit alongside regular veterinary care, training, and farriery. The focus will be on helping riders recognize subtle signs of discomfort and understand how addressing small issues early can help keep horses feeling good and enjoying their work.*

*This session is designed to give riders a better understanding of what these therapies can (and can't) do, and how they can be thoughtfully incorporated into a horse's regular care to help keep them comfortable, happy, and performing at their best.*

March 12, 2026

**NEDA Know How: TBA**  
07:30 PM - 08:30 PM EST  
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*Speaker TBA, save the date!*

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March 19, 2026

**NEDA Know How: Sue McKeown to discuss how to enter a recognized show, and rule changes**  
07:30 PM - 08:30 PM EST  
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*Session facilitated by NEDA's Director of Competitions, Kari Cincotta.*

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**NEDA Know How: Laurian Pope to discuss Myofascial, Craniosacral, and Massage**

07:30 PM - 08:30 PM EST

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*Laurian Pope is an equine and human bodyworker specializing in Myofascial Release and Craniosacral Release. A lifetime horse enthusiast, Laurian has spent nearly three decades both in and out of the saddle, amassing horsemanship skills that lend themselves to success in her bodywork practice. Those skills, combined with numerous professional certifications and an innate calming energy, allow Laurian to excel in her field, where her paramount goal is to help horses and riders feel their absolute best.*

*Laurian serves horses and riders of all levels and disciplines, from the grassroots through upper level competitors. Laurian is comfortable working with all genders, breeds, personalities, and collaborates with clients to help them achieve their best through bodywork.*

*Laurian believes that if we take the time to listen and treat our bodies, and that of our equine partners, the result is the ability to spend more time doing what we love and less time fighting with a restricted form.*

*Laurian has competed through Preliminary level Eventing, and is a member of both Norfolk Hunt (MA) and Aiken Hounds (SC). Through her time eventing and foxhunting, Laurian learned how a flexible and balanced system can greatly improve the performance and quality of life of our equine partners. With this innate understanding of both human and equine kinesthetics, she decided to become a bodyworker for horses and riders.*

*Laurian's transition from equestrian to bodyworker began when she met her mentor, Sharon Taylor, a renowned Equine Physical Therapist in the New England area. After two years of shadowing Sharon, Laurian became certified in Equine Manual Therapy. Additional accreditation was achieved at Cortiva Institute for Massage Therapy. Upon completion, Laurian became a licensed therapist for humans in both Massachusetts and South Carolina. In 2013, Laurian received her National Certification, after which she started her business, Freedom of Movement, which has grown exponentially ever since. Laurian has a tireless commitment to continuing education—she is constantly furthering her human and equine bodywork education through all available modalities. She most recently completed her expert level Myofascial Release certification in October of 2023.*

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