



Bergrún Ingólfssdóttir

Is an educated Riding instructor from Hólar University, where she got her Bachelor's Degree in Equestrian Studies and Riding Instruction in 2013. She is also a member of the Icelandic Trainer Association (FT).

Bergrún was born to a successful horse family in the south of Iceland--a breeding farm called Kálfholt. She was not old when she started to go on trail rides, sitting in front of her father, and has from that time always been into horses and everything that comes with them.

As a child and teenager her parents had a stable alongside their other jobs, so when they came home from work—that was when the family went to the stables to train. Every night and weekends were dedicated to the family hobby; the horses. During the summers they had more times for the horses, and when Bergrún was big enough she started to work on training horses. She has been working for few different breeding farms since this time--first to mention, of course, is her home farm Kálfholt--but after this she trained at Fet, Krókur, Völlur, Gaju (Denmark), and last but not least Fitjamýri (Canada).

She was also quite young when she entered her first competition. She must have been around five, and then there was no turning back. Since then she has won many competitions in youth and teenager classes, has been nominated the most promising teenager in her horse club, been in the finals for the Tölt on Ice competition, been in the finals for both Icelandic championships and Landsmót, and has been chosen to ride for the National team for Iceland two times. Now she wants to focus on breeding shows--to gain more experience in that kind of show form.



In 2010 she entered Hólar University to become a Riding Instructor. After three years of hard (yet fun!) school, she finished her education with great results and got her Bachelor's Degree in Equestrian Studies and Riding Instruction. She also became a member of the Icelandic Trainer Association (FT). Now she works as a trainer and riding instructor, both in Iceland and abroad.

Her training method is to *keep it simple, yet effective!* She finds it very important that the rider knows how to ask for what they want from the horse, and that the horse understands what is being asked from the rider--keeping everything black and white! Her background of training in Iceland gives her many different ways of finding solutions for her clients. When it comes to style, she tries not to use just one, but takes a little from many different styles--such as Icelandic, classic dressage, jumping, western, and natural horsemanship.

Her belief is that you can always learn more, and the most important thing is to be open minded to new things.

Bergrún will be returning to Canada in autumn of 2016. After her first time coming to Canada in 2015, where she held a clinic with great success, she wants to come back and do it again! The plan is to have a clinic at Fitjamýri Icelandic Horse Farm during her stay there. For further information please contact Arnold Faber at: icelandichorse@xplornet.com

