



IN DEPTH WITH LUCIANA DEVNIZ

A GREAT NAME IN THE HORSE LOVING COMMUNITY; SHE IS AN OLYMPIC SHOWJUMPER, AN EXPERIENCED COACH, A SUCCESSFUL ENTREPRENEUR, A LOVING MOTHER AND A TALENTED RIDER. HT WAS SO EXCITED TO MEET WITH LUCIANA FOR AN IN DEPTH INTERVIEW.



Q1. Being such a prominent rider; we know that you have a particular routine, what do you follow with your horses?

First comes discipline then repeated practice, in addition to analysis of training and its outcomes.

I combine my discipline as a mother, a rider and an entrepreneur, with the discipline of exercise, food and health care for both my horses and for myself.

My routine is what I do in my masterclasses which everyone can watch:

be 1 with your horse

flatwork

Cavaliers and work in the basics.

Then the Butterfly exercises.

Q2. Tell us about your famous B.U.T.T.E.R.F.L.Y technique.

It is more than technique. I call it The Butterfly Method.

It's a methodology that sees sport as a means to obtain personal, sporting and professional development.

From all my experience as a rider, I have developed this tool that brings together riding techniques, training, inner focus and many other solutions, all of which develop you as a rider.

The Butterfly Method also focusses on wellbeing and motivation for you as a person. It's an all-encompassing methodology really.

Q3 We have seen you sit on different kinds of horses; some of them were extremely sensitive to an extent that some riders can't sit on.

What are the criteria by which you choose your horses?

I make an assessment if the horse suits me. I know myself as a rider and I know if I can handle the specifics of each horse.

I know not every horse will suit me, but I know also pretty quickly which will. You just get a feeling of their personality and obviously, their jump over a



fence tells you a lot too. My technical base was very good because my mother was an Olympic dressage rider and gave me brilliant flat work training from a very early age.

My father was a polo player. He gave me a passion for animals. The upbringing with my horsey family and I guess my sensitive nature towards animals, tuned me into trying to understand different types of horses, to understand if I can connect with them or not.

Q4 Tell us more about that bond that you have with your horses and how do you manage to keep that?

This connection is natural because it is driven by passion!

There is no technical explanation for this connection. As in every relationship you have to take care and work at it. How do you take care of a horse? With respect for their welfare, taking care of the health of the horse, understanding the natural needs of a horse in the wild and trying to ensure as much as possible, that even though we compete, we still

try to meet these needs, specifically needs such as grazing, or being able to touch one another- making sure we maximize the opportunities for them to be a natural herd horse.

This is true happiness for horses. I believe in giving a lot of love and respect for their partnership in competitions and in life.

Q5 In your opinion, what is the key to being a successful rider?

There is no secret. There is a lot of work, attention to detail and repetition.

In my methodology I consider that you have to work on 8 aspects that influence your performance.

For me, these 8 aspects I've identified as essential are dreams& goals, body&mind, connections, activities, self-awareness, energy, emotions and success. I use these 8 aspects for training in all my online courses on my web site and in live clinics.

Just dealing with all these aspects can really make a difference for anyone in competitive riding, because so much happens outside of the ring that ultimately influences or performance for those 2 or 3 minutes we are in there.

Q6 Tell us about the most challenging time in your career, and how did you get through it?

A challenging moment in my career was the World Championship in Aachen, quite a few years ago now.

I was relatively young and very inexperienced at that level at the time and I was riding an 18 year old horse, called Dover. Everyone doubted he would be able to finish the track because of his age and he was at his absolute max on a course so big, so long and technical. I remember the weather conditions were terrible that day also. It rained and rained!

The track was covered in splashing water and I admit I was nervous and worried. But I really worked on my emotional focus just before the competition and I told myself Dover and I could do it and we did! I also had a great team taking care of Dover's health. It was a real team effort- Dover, all of us together!

Q7 When it was your happiest moment as a rider. Why?

The best moments were in 2015 winning the Global Champions tour which I made the impossible possible.

I was most of the year in front as leading the tour until Scott Brash passed me and he was in such a good shape winning the grand Slam title at that



year that everyone thought he would win the GCT title as well

I had to win all out of the last 3 competitions in Doha, Vienna and Rome and I did it.

Q10 You have competed all around the world; tell us about your favorite arena and why do you find it special?

Aachen without a doubt!

In my opinion it is the biggest contest in the world, for the atmosphere and the people involved. I love Aachen!

Q11 Who is the one you go to for advice in regards of riding?

I don't have a specific guru. I have several experts with whom I work who I help myself depending on the moment and the topic.

Q12 With the Olympic Games scheduled in a few months; how are you preparing for Tokyo 2021?

I moved my horses to Portugal and I have reduced the number of horses I ride at the moment to concentrate and focus on preparing for the Tokyo Olympics 2021.

