



## Connecting with Horses

Horses are looking for a very deep connection with humans, a connection that involves the mind, but goes way beyond the mind, to the heart and the soul. We need to connect our mind to their mind, our heart to their heart and our soul to their soul. It is from this place that we can connect to them physically through the act of riding and ride in perfect balance, harmony and synchronicity with them.

Get to know your horse at a deeper level and understand why they do what they do. Learn how to listen, read and communicate with your horse, creating a relationship based on trust, understanding and compassion. Learn how to be a leader that your horse would freely choose to follow. Develop a partnership that is willing, harmonious and without force. For any true horse lover this is the dream.

## MEL FLEMING

Developing this special partnership starts on the ground and is achieved by being still, present and centred, focusing your attention, raising your awareness, developing feel and learning to use your energy and body language. You will start to feel what horses are feeling, tune in to what they are thinking and understand their individual personalities, as you begin to speak their language – the language of energy and body language.

‘Connecting with Horses & Riding with Synchronicity’ is a horsemanship philosophy and learning program which benefits and is therapeutic for both the horse and human at all levels of the mind, body and spirit. It supports only the ‘Highest Good’ of the horse and the human, which can only be achieved when we leave our ego behind. In this way horses can be willing partners and the experience of riding can truly be enjoyable for both parties.

## Riding with Synchronicity

Riding with Synchronicity is leading the way in an approach to riding horses in total balance and harmony, where the experience of riding can be a joy for both the horse and the rider. Riding in this way can be therapeutic and mutually beneficial for the horse and rider. It is applicable to all disciplines, from high level performance to pleasure riding, as the fundamentals and biomechanics are the same. It teaches you to be one with the horse and allows riding to become the free, enjoyable and exhilarating experience that it is meant to be. When ridden in absolute harmony and balance, horses can be relaxed, happy, healthy, can stay sound and be athletic.

When you can let go of all the restrictions in your body you can find balance and you will develop the feel and timing that is intrinsic in talented riders. More balance leads to more confidence, resistance in your horse is eliminated and horses can perform to their full potential.

Riding with Synchronicity courses teach the theory and application of the biomechanically correct posture and balance that horses need to be ridden in. Learn how to ride with your 'body' rather than just the reins. The horse is influenced greatly by what happens in the rider's body, the spine, rib cage and seat bones. The subtlest movements and weight shifts have a huge effect.

When horses are braced, resistant and unbalanced the usual practise is for riders to use stronger aids, become tighter in their bodies and use more pressure with bits or spurs. This is the opposite of what needs to happen. Riders need to get softer in their minds and their bodies, which will bring them into alignment and balance. This will then induce softness, willingness and balance in the horse. The learning for Riding in Synchronicity is done through a variety of methods including theory sessions, simulations, meditation, mind and body awareness exercises and riding sessions.



Becoming an extremely good rider or horseman does not have to remain something that only the 'talented' can do. The difference between a great rider and a not so great rider is that they are doing things differently in their minds and their bodies.

'Connecting with Horses and Riding with Synchronicity' teaches the positive patterns needed for excellence with horses. It teaches feel, timing and balance - the qualities intrinsic in horseman but elusive to so many.



## Connecting with Horses & Riding with Synchronicity

3 Day Course  
Feb 25<sup>th</sup>-27<sup>th</sup>  
Albany, WA

\$595 to come with your horse  
\$65/day without your horse.

*The course format includes theory sessions, simulations, and mind and body awareness exercises as well as hands on sessions with horses. There is much to be gained even for those who cannot bring a horse.*

SADDLE FITTING  
sessions, BALANCE  
SADDLE test rides or  
PRIVATE lessons  
by appointment Feb 28<sup>th</sup> & 29<sup>th</sup>  
\$100/session

For course bookings and details

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0428 385 745

[www.melfleming.com.au](http://www.melfleming.com.au)

For details about the venue

contact Donna White

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### About Mel Fleming

My whole life has revolved around horses including stock work, high level dressage, jumping, eventing, driving, vaulting, western riding, starting horses under saddle and working with problem horses. I taught as an instructor for the Equestrian Federation of Australia and then looked more deeply into the psyche of horses and studied Natural Horsemanship, instructing and training horses worldwide. My work with horses has evolved tremendously from there into a very soft and more holistic approach.

Understanding biomechanics, saddle fit and riding dynamics became very important focus areas, as I realized the major part they played in the health, happiness and wellbeing of the ridden horse. I also realized that a lot of horses had physical issues that were going unnoticed and were causing their behavioral problems and poor performance, so health and healing also became ingredients for excellence with horses.

As my learning evolved I became aware that there was a lot more depth to the horse - human relationship than just the physical. It went much deeper to an emotional and spiritual level, which had to be acknowledged in order to reach the full potential of the horse-human partnership and if not considered could be the root cause of the problems with horses. A very interesting journey!

BALANCE Saddles 

I am a Test Ride Facilitator for BALANCE saddles as I have found them to be the best saddles for both horses and humans. I carry a range of the saddles for people to try and am available for saddle fittings and lecture/demonstrations.