



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. From this place we can connect to them physically through the act of riding and ride in balance, harmony and then in 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 in which horsemanship is beneficial and therapeutic for both horse and human at all levels of the mind, body and spirit. It supports only the 'Highest and Best Good', of both the horse and the human, as this is the only way that horses will be willing partners and that the experience of riding can 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

Introductory Course

Jan 20th -22nd

Bannockburn, VIC

\$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 a much to be gained even for those who cannot bring a horse.

SADDLE FITTING,
try **BALANCE** saddles or
PRIVATE lessons
by appointment

\$100/session

For course bookings and details

courses@melfleming.com.au

02 6760 5519 / 0428 385 745

www.melfleming.com.au

For details about the venue

contact Kim Barker

0458 747 534

kim@heartwoodhorses.com.au



About Mel Fleming

My whole life has revolved around horses ranging from stock work to high level dressage, jumping, eventing, driving, vaulting and western riding. This also included starting horses under saddle and working with difficult and problem horses. I trained as an instructor for the Equestrian Federation of Australia and then looking more deeply into the psyche of horses studied Parelli Natural Horsemanship for 12 years becoming one of their top instructors and horse trainers worldwide.

My work with horses evolved a lot from there. Biomechanics, saddle fit and riding dynamics became very important focus areas for me as I realized the major part they played in the health, happiness and wellbeing of the ridden horse.

I realized that horses had a lot of physical limitations that were causing their behavior problems and poor performance so health and healing also had to become ingredients for excellence with horses.

The further I went with my work the more 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 of connection with many of the physical problems in horses stemming from emotional issues. Such an interesting journey!

BALANCE Saddles 

I am currently the Test Ride Facilitator for BALANCE saddles in Australia. I have found them to be the best on the market. I carry a range of the saddles for people to try and am available for saddle fittings and lecture/demonstrations.