

the Ultimate

HORSEMANSHIP EXPERIENCE

with **MEL** Fleming
CONNECTING with HORSES
& riding with *Synchronicity*

and **Tony Robinson**

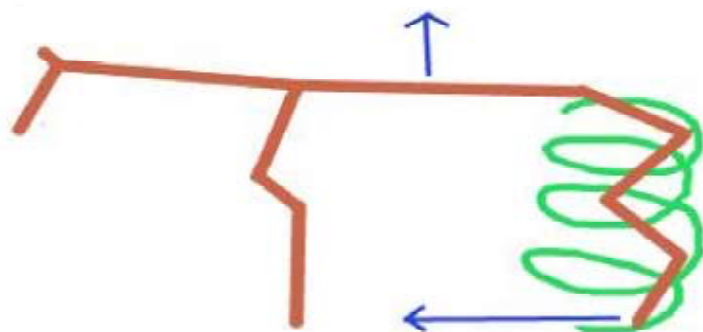
Universal Energetic
Mind & Body Work

Riding with Synchronicity

Changing body patterns and learning riding dynamics to achieve the best possible results in riding horses.

Horses can quite easily carry a rider and be athletic if they are ridden in balance and can use their hindquarters for propulsion.

The horse's hindquarters can be likened to a big spring. The hind legs have more joints and angulation in them than the front legs. They are of this design so that they can compress like a spring. As the hind foot presses against the ground the horse should push and spring forward off those hind feet. The front legs are designed more like pillars just to support the horse, however mostly horses are pulling themselves along with the front legs which makes work more tiring and strenuous, it leads to unsoundness and more wear and tear on the body and means horses are less athletic.



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Reasons that horses don't use their hind legs as they should can be physical soreness and restriction in the body or saddles that inhibit movement or riding in a way that restricts the back and hindquarters.

In our "Ultimate Horsemanship" courses we address all the above areas. If a horse is using his hindquarters effectively he will reach up well forward under his belly and the hoof will be positioned well forward during the weight bearing phase of the stride.



The only way that the horse can achieve this reach with the hind legs is if the horse's back can lift up under the saddle area, in the loin area and in the wither area.

There is a way to sit so that you can keep your center of gravity down low and still be light in your seat. A heavy seat that has a downward pressure on the horse's back causes the horse's back to flatten and hollow out and blocks the horse's hind legs from coming through. If the rider is behind the vertical, has the pelvis tilted back or is leaning back even slightly, the same will occur.



Sitting with too much arch in the rider's lower back and tight restrictive knees and thighs will also block the horse from moving freely, lifting their backs and using their hindquarters. So the rider's pelvis needs to be in neutral.

Having freedom and mobility through the whole torso of the rider's body is another key ingredient. As soon as we are blocked somewhere we will be restricting the horse. The subconscious body habits and patterns that we all have as a result of habitual ways of doing things, emotional issues or as a result of injuries need to be changed to get rid of these restrictive patterns in our bodies which restrict our mobility and balance when riding. This can be done through body awareness exercises, simulations and energetic body work.



The rider in the picture (below) is Tina Bell at the recent “Banyandah” Horsemanship Experience. When she arrived the little mare was very unsettled, impulsive and agitated at the canter either wanting to stop and turn around at the canter or pig root and kick up. At the end of the 7 days with the bodywork treatments, body awareness exercises and understanding more about riding dynamics we did a coaching session with Tina.



After the bodywork sessions the mare was pretty comfortable to canter along in a relaxed rhythm but we just needed to change a few riding dynamics so the mare could use her body a bit better. In the photo (left) she is flat through her back, loins and withers and strung out behind with her hindquarters.



In the next photo (bottom left) the mare has started to experiment with lifting up through her withers and you can see that she is starting to reach through with her hindlegs.



In this picture the mare is lifting her back in the loin area and under the saddle.

And (below) it is all starting to come together lifting through the withers, back and loins and reaching through with the hindlegs. The mare looks soft and open through the throat area and in all the muscles in her body. The expression on her face shows that she is focusing her attention internally on experimenting with her body to find a more balance efficient way of moving. She is enjoying this process. It would be even better if the rider lifted her focus.



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COURSES 2008

Incorporating

- Connecting with Horses and Riding with Synchronicity
 - Universal Energetic Bodywork
- with Mel Fleming & Tony Robinson

MARCH

Bangalow, NSW - March 1st FREE WORKSHOP -WITHOUT HORSES
Connecting with Horses, Riding with Synchronicity,
Universal Energetic Bodywork 1 day course

Bangalow, NSW - March 2nd-4rd Connecting with Horses,
Riding with Synchronicity Universal Energetic Bodywork 3 day course

Bathurst, NSW – March 8th-10th
Riding with Synchronicity 3 day course

Moonbi via Tamworth, NSW - March 19th-30th
Ultimate Horsemanship Experience (10 day course)

Adelaide, SA – April 2nd-6th Ultimate Horsemanship Experience
5 day course - (unconfident riders / horses)

APRIL

Adelaide, SA – April 9th -13th Ultimate Horsemanship Experience
5 day course - (confident riders / horses)

Brigadoon, via Perth,WA - April 22nd-26th
Ultimate Horsemanship Experience 5 day course

Albany, WA - April 29th-May3rd
Ultimate Horsemanship Experience 5 day course

MAY

Gold Coast, QLD – May 7th-11th
Ultimate Horsemanship Experience 5 day course

East Gippsland, VIC – May 21st -25th
Ultimate Horsemanship Experience (5 day course)

Townsville, QLD - May 31st-June 4th
Ultimate Horsemanship Experience 5 day course

JUNE
OCT

Coffs Harbour, NSW - June 18th-22nd
Ultimate Horsemanship Experience 5 day course (registration form)

Mansfield, Vic - October 11 - 15th
Ultimate Horsemanship Experience 5 day course

'Banyandah' Howlong, NSW - October 19th-25th
Ultimate Horsemanship Experience 7 day course

For all enquiries and bookings contact Mel Fleming
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