

MEL

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CONNECTING with HORSES
& riding with *Synchronicity*

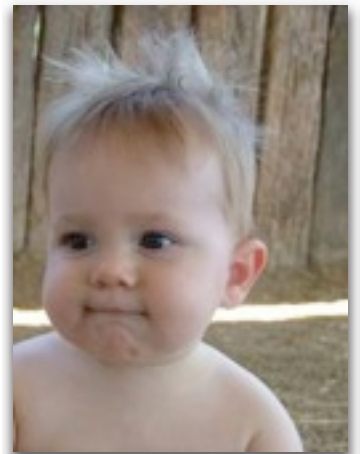
Looking Deeper into the Expressions of a Horse

Horses experience a full range of emotions and feelings just as we do. Some examples are love, joy, frustration, confusion, anger, excitement, anxiety, depression, fear, rejection, happiness, boredom and loneliness. Looking deeper into a horse's eyes, facial expressions and body language will give you insight into what is going on mentally and emotionally for horses. Is the horse feeling good about what it is going on or not ?

Often people are captivated by a horse's competition performance, the execution of high level maneuvers, or the stars and spangles of a circus act or horse spectacular event, but they overlook the underlying feelings and emotions of the horse. Was the horse enjoying himself as much as the crowd watching or the rider? Was the horse positively excited, contented and feeling good or was it feeling pressured, anxious or distressed?

Horses can enjoy doing what we like to do with them if we offer things in the right way and if we are doing it 'for them or with them' rather than using them solely for our own benefits. I remember very vividly the expression of Makybe Diva just after she won the Melbourne Cup a few years ago. The look on her face and the proud way that she walked back to the winners circle was unforgettable. She looked so proud of herself and as if she had loved what she had done.

We easily read facial expressions on people but usually do not do the same for horses.



Generally as a society we have been conditioned not to look at the deeper emotions of animals. Following are some pictures which may help you in getting started in being able to take a deeper look into what is going on for horses.



Interested, happy, contented



Anxious and unsure, but trying hard to be brave.



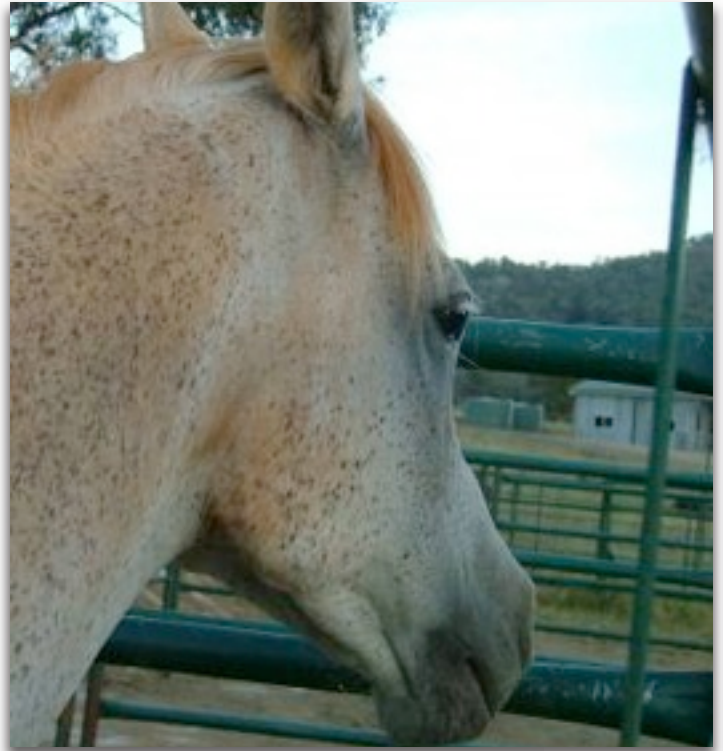
Not interested, bored, despondent, tired



Tense, questioning everything that is going on, feels that there is a lot of pressure to achieve.



Uncertain about what is going to happen



Switched off and angry



Very unhappy and uncomfortable.



Becoming peaceful and happy



Apprehensive, tense and feeling pressured.



Feeling pretty good as she displays the flehmen response.



This mare is showing some of the more subtle signs of tension, stress and anxiety with a tight lower lip and tight facial muscles causing all of the veins of the face look prominent.



This horse is thinking and processing, probably about to lick its lips.



Happy, interested and looking forward in life.



Attentive and interested



Left is Sue Storrier and Ted both looking like they are really having a good time at the recent 'Banyandah' Ultimate Horsemanship Experience. Ted is looking very happy about things and moving along very freely.

Of course reading the body language of the whole horse is also important. Tight muscles throughout and stiff or wringing tails are obvious signs of unhappiness and discomfort.

To have willing and harmonious partnerships with horses knowing how they are really feeling is the first step.

For more information about Mel Fleming or for course details go to www.melfleming.com.au

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click here to enter

MEL Fleming
Horsemanship

"Discover your
Potential with Horses"

Connecting with Horses & Riding with *Synchronicity*

The Ultimate

HORSEMANSHIP EXPERIENCE COURSES 2009

Incorporating

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

MARCH

Moonbi, NSW - March 21st & 22nd

Connecting with Horses & Introductory Ground skills Mel Fleming
mel@melfleming.com.au 02 6760 5519 or 0428 385 745

Adelaide, SA - March 27th

Free Presentation and Information night Mel Fleming & Tony Robinson

Adelaide, SA - March 28th -29th

Connecting with Horses & Universal Energetic Body Work
(Ground skills and Bodywork) Mel Fleming & Tony Robinson

APRIL

Adelaide, SA - March 30th-April 3rd (8:30-12:30)

Riding with Synchronicity - Mel Fleming

Adelaide, SA - March 30th-April 3rd (2:00-5:00)

Universal Energetic Mind and Body Work- Tony Robinson
mel@melfleming.com.au 02 6760 5519 or 0428 385 745

Gold Coast, QLD - April 10th-13th

Connecting with Horses & Riding with Synchronicity Course Mel Fleming
mel@melfleming.com.au 02 6760 5519 or 0428 385 745

Gold Coast, QLD - April 14th-15th

Private lessons with Mel Fleming

Ballina, NSW - April 17-19

Group workshops and Private lessons Mel Fleming
mel@melfleming.com.au 02 6760 5519 or 0428 385 745

Moonbi, NSW (via Tamworth) - April 25th-26-27th

Universal Energetic Mind and Bodywork Tony Robinson
tonyrobinson@ipstarmail.com.au 0412 925 260

MAY

Moonbi, NSW (via Tamworth) - May 2nd & 3rd

Riding with Synchronicity Introductory Course Mel Fleming
mel@melfleming.com.au 02 6760 5519 or 0428 385 745

Bairnsdale, VIC - May 8th-10th

Connecting with Horses & Riding with Synchronicity Course 3 day course
Mel Fleming mel@melfleming.com.au 02 6760 5519

Moonbi, NSW (via Tamworth) - May 16th & 17th

Riding with Synchronicity - Intermediate and Advanced Group lessons
mel@melfleming.com.au 02 6760 5519 or 0428 385 745

Wollombi, NSW - May 25th-29th

Ultimate Horsemanship Experience 5 day course Mel Fleming & Tony Robinson
mel@melfleming.com.au 02 6760 5519

Courses scheduled after May go to www.melfleming.com.au

For all enquiries and bookings contact Mel Fleming

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02 6760 5519 or Int: +61 2 6760 5519**