



## “Realise the Magic of Horses”

Introductory 5 day course

April 16<sup>th</sup>-20<sup>th</sup>

Intermediate 7 day course

April 22<sup>nd</sup>-28<sup>th</sup>

at ‘Banyandah’ Howlong, NSW

Horses are Magic – all horse lovers feel this and that is why they are drawn to them. Horses symbolise and embody freedom, spirit, power, energy, speed, strength and athleticism. This is what makes them magnificent and within all of this power is gentleness, softness and love. When we were young and dreamed about horses they were magical to us. The sad part of this story is that often as soon as the human comes in contact with horses this magic is lost from the horse. Horses have been shut down, restricted and their spirits broken and instead of softness they have become full of defensiveness, fear and anxiety. Usually this does not happen purposefully it is just the way things have been with people and horses.

We can rekindle the magic of horses by developing ourselves as True Horseman. I use the word Horseman as meaning the coming together of the horse and the man, as in the human. I put the word True in front because the word horseman is used so commonly that it doesn't

encompass what I believe the horses would classify as a horseman.

To a horse, a True Horseman is someone who:-

- **Treats horses with absolute respect and dignity.** Appreciating them for “who” they are and not just using them for what they can do. Dignity means choice – a real choice – not just making the consequences of not doing what the human wants so uncomfortable or even painful that the horse will comply.
- **Understands horses mentally** - knowing what they are thinking and how they learn.
- **Understands horses emotionally** – knowing how they are feeling about things and feeling compassion for them.
- **Understands horses physically** - knowing how they are feeling in their bodies and how their bodies function. Knowing how they need to move with healthy biomechanics.
- **Understands them spiritually** – knowing them at a spirit or soul level, knowing their deepest essence.



photo by Coco

## Becoming a True Horseman

There are so many facets to this learning and in longer term courses like this 3 week module, we can delve deeper and build understanding and skills layer by layer. Primarily horsemanship is about working on ourselves. It is more about a way of 'BEING' than it is about a way of 'DOING'. A way of being calm, still, centred and focussed in our minds and emotions. This way of 'being' has to come first and then we can physically learn the techniques or what to 'do'.

Training the horse is secondary to developing ourselves. When we get things right the horses can usually do things without too much trouble. Horsemanship is an interesting paradox because whilst it seems that we humans are the ones training and teaching the horses, the horses are equally teaching and leading us. The more we listen to them the better things will go. So learning to listen to them and feel them is the core essence of becoming a horseman. People talk about horse whisperers but more appropriately we need to become horse listeners.

After learning how to 'Be' we need to develop a great awareness of our physical body so that we can be balanced, coordinated, athletic and in control of our body. One of my mentors, Gavin Schofield, said to me "the only difference between a great rider and a not so great rider is that they are doing different things with their bodies". This simple but profound statement set me on a path of discovering what was going on in people's bodies and how to change patterns in their bodies from patterns of restriction and tension which are not helpful to horsemanship, to patterns of freedom, balance and mobility.

Aside from plenty of coaching on the horses, helping people to develop their physical skills is done through mind and body awareness sessions, simulations and body balancing exercises which incorporate aspects of yoga, feldenkrais, aikido, meditation and energy healing. To free up the

body we need to free up the mind and the emotions, releasing any negativity, fear or stress. The experience of getting away, relaxing and having fun with the group, the horses and all of nature in such a supportive learning environment will be very instrumental in itself for getting the mind back into present time and reconnecting the mind to the body.

True Horsemen are very aware of energy and how to use it. Horses are masters of using energy so we too need to become masters of energy. When we learn how to ride with our energy rather than muscle force we begin to ride horses in the unrestricted way that they want to be ridden in. Energy can be used for communication, health and healing or athleticism and performance.

To become True Horsemen we need to work on ourselves at all levels of the mind, emotions, body and spirit. As we develop ourselves we will start to find the magic in horses again, the magic of feeling in harmony with them when riding or just feeling their beauty, power and grace when in their presence. The dream can start to become reality, having your horse calm and relaxed, mentally with you and moving with effortlessness and ease. As we develop things further we can experience their spiritedness, freedom, courage, athleticism and power while still having the calmness and the mental connection. This is what we all dreamed about in a fairy tale type dream – the magic of horses.

The areas covered in these courses will be :-

- Learning to get quieter and stiller and develop your intuitive skills so that you can get more connected and have a deeper understanding of the horse and yourself.
- Finding and clearing any mental, emotional and physical blocks that are impeding your success in horsemanship.
- Learning ground skills for basic handling, physical therapy and exercise, building

confidence, preparing horses for riding or simply to play and have fun.

- Developing an independent seat, balance, coordination and body awareness. Learn to ride with the qualities that horses are looking for, softness, rhythm, flow, balance, harmony and healthy biomechanics.
- Learning about the physical care, maintenance and health for the horse. Including basic feeding, using exercise as physical therapy, stretching, energetic body work and soaking and poulticing the feet and legs to maximise health and performance.



The Introductory course is not necessarily only for beginners but for anyone who is new to my teaching.

The courses will be taught from a multi-level perspective and you will be guided to work with the information presented at a level appropriate for you.

The Intermediate course will continue on from the Introductory course if you would like to book in for both courses.

Introductory course - 5 days \$990

Intermediate course - 7 days \$1385

Course bookings & enquiries:

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

0428 385 745 or 02 6760 5519

For information about the venue,  
accommodation and catering contact :

Jane Reid

[horseheaven@albury.net.au](mailto:horseheaven@albury.net.au)

(02) 6026-8800



The photos on this page are all taken at Banyandah. Banyandah is a very beautiful horsemanship facility situated on the Murray River with a big variety of riding arenas, open paddocks, bushland and horse play and riding areas. There is also great accommodation onsite or the option of camping. Catering for lunch and dinner is available with extremely delicious gourmet cooking. I highly recommend staying on site and taking advantage of the catering so you stay fully immersed in the relaxed atmosphere to support your learning.

