

THE ULTIMATE HORSEMANSHIP EXPERIENCE

A Natural and Holistic approach to
Horsemanship considering the
Mind, Emotions, Body & Spirit.

Introductory Course

Connecting with Horses,
Ground Skills &
Universal Energetic
Mind & Bodywork

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After years of working with many different horses in a variety of disciplines we have discovered that to reach the ultimate level of connection and willing partnership with horses we have to consider all aspects of the horse.

Horsemanship needs to be approached from two perspectives. Good training, which stems from a trusting and compassionate relationship and the horse being ridden in a biomechanically correct way, combined with releasing the physical and emotional issues that are restricting the horses.

Horses can hold onto so many emotions and have so many physical restrictions in their bodies that it can make training and performance almost impossible. Some horses are over sensitive in their bodies while others are shut down and lack impulsion and sensitivity.



When the horse is free physically and emotionally we are able to train and ride with a softness and lightness that you probably never believed was possible. The horse will then offer things because he can. This is how you can achieve horsemanship without pressure and without force once you have developed your own body awareness and balance to be able to ride in total synchronicity. This all has to start on the ground and that is what this course is about.

This course may also lead you to discover the spiritual nature of your connection with horses as well as the physical nature.

Horses like ourselves, have a soul path and carry out their life's purpose in the form of a 'horse' - a prey animal that has evolved to share its life with humans. This sheds a new light on solving some of the problems that people have with horses. We need to fully understand the prey animal nature of horses - their instincts, how they think, how they learn and how their physical bodies function and move, while at the same time acknowledging their spiritual nature.

One of the avenues to understanding the spirit is through understanding the physical body. You will learn about conformation – What it means, how it affects performance and behavior and how you can change and improve it.

Learn about correct biomechanical movement so that the energy flows through the body are moving freely. Learn how body posture and movement

affect the mind and the emotions and how physical learning takes place in the body.

Discover how genetics, cellular memory and past emotional traumas affect horse's bodies and their personalities and how you can help them through these issues. Understand more deeply the mind, heart, body and spirit connection.

Learn to use and channel energy (chi) as they do in martial arts through stillness, focus and practicing living in the present moment just as horses do. This powerful energy can then be used for communication, healing and athletic performance. Through this stillness the fundamental qualities of feel, timing and balance can be found.

This course is for anyone who is looking for that "something else" with horses. It teaches practical, efficient and effective horse handling techniques for those who are looking for a way to be with horses which emanates from love, compassion and understanding. It will prepare you and your horse for riding. This course is for those who know there is more.

The course will cover the following:-

Communication with Horses
Energy and Body language
Ground handling skills and exercises
Building confidence for horse and human
Understanding Energy
Reading the horse's body to recognize physical and emotional issues.
Learning how to treat using UEM&B
Understanding Equine Biomechanics
Exercising to develop horse's top lines.
Health, Soundness and Nutrition
Lower Limb and Foot care



Connecting with Horses

Delve deep into the insides of your horse so you no longer look "at" him you will look "into" him. You will discover what more there could be, in partnerships with horses and develop a heart connection with your horse so you will "have their heart" so to speak. You will see the depth of their spirit and their desire for interaction and connection with you. You will learn how to connect with horses mentally, emotionally, physically and spiritually, by mentally focusing your attention, raising your level of awareness and perceptiveness, developing feel and learning practical horse handling techniques.

Universal Energetic Mind & Bodywork

Universal Energetic Bodywork is one of the most empowering and effective healing therapies available today, opening up potential for all possibility.



It is so old that it is new again and is available for everybody to learn.

It is a process of channeling Universal Energy to balance the energy flows within the body. Energy or Chi as it is known in eastern cultures is the source of all life. It makes up the universe, the planet and all matter including our physical bodies. In states of disease (dis-ease) these energy flows are out of balance, leading to illnesses, infections or viruses. Unequal muscle tension patterns can develop pulling the skeleton out of alignment. Internal organs become compromised and are therefore not able to function optimally. All of this causes pain, discomfort and dysfunction in the body leading to resistance and the impossibility for the horse to perform or behave as we would like.

Most people have no idea of the extent to which physical problems are the cause of their horsemanship troubles. You will learn to read the many tell tale signs on the body which indicate problems that are going on internally and become aware of how poor conformational and postural traits affect horses. Most of these are usually overlooked as being the instigators of behavioral or performance problems, as with traditional thinking these things are usually just accepted as “the way it is” and simply put down to old age, unpreventable wear and tear, or genetics. They are usually deemed irreversible and something that just has to be lived with, but this is not the case and you can learn to start changing these things yourself. Your horse will love you for it and this treatment is very easy to learn.

Universal Energetic Bodywork works on people too. You will be able to free up your own body so that you can be more fluid, have better balance, better co-ordination and feel and think clearer, all essential for excellence with horses.

Lower Limb & Foot Care

Care and maintenance of the lower limbs is a critical aspect in horse health and performance. It is an area that generally little is known about and where more

attention is needed. You will learn a lot about it in this course.



Course Format

The format of this course is quite different to many other horsemanship courses. It entails sessions on theory and philosophy, discussions on feeding and horse care, energetic bodywork for the horse and the human, body awareness exercises and ground work simulations as well as hands on handling horses. Each course will vary and be adjusted according to the group's needs.

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