

The Ultimate Horsemanship Experience

Incorporating Tony Robinson's Universal Energetic
Mind and Bodywork and Melanie Fleming's
Connecting with Horses & Riding with Synchronicity



This is a unique course which leads you to experience another dimension in horsemanship. It leads you to discover the spiritual nature of your connection with horses as well as the physical nature.

We are all spiritual beings having a physical experience. 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 both of these aspects.

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. You will start to see what horses are doing in our lives, what they are teaching us and how horses act as a channel to link us to Spirit.

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 behaviour 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 soul contracts affect horse's bodies and their personalities.

Look at the mind, heart, body and spirit connection. See that thoughts are energy and thoughts become things. Emotions (e-motions) are energy in motion and different emotions create different vibrational frequencies in the cells, which manifest different feelings in the body. Consequently this results in different physical forms and states of health. Learn to heal horse's hearts, minds and bodies so that they can fulfill their purpose.

Understand communication as being an energy transmission and reception and the physical and non-physical forms it takes including thoughts, emotions, body language and verbal cues. Realize how horses are tuned into and affected by our thoughts and emotions.

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.

Learn Riding Dynamics so riding becomes effortless and free in a willing partnership without any force. So that the heart, mind and soul connection with your horse is developed even further. When horses are ridden in optimal balance and alignment then softness, lightness, ease and energy are found. There is a healing affect that takes place for both the horse and the human when this happens so riding can be therapeutic for both horse and rider.

This course is for anyone who is looking for that "something else" with horses. For those who are looking for a way to be with horses which emanates from love, compassion and understanding. For those who know there is more.

When you believe it you will see it.
- Alchemist



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 channelling 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, viruses. Unequal muscle tension patterns develop pulling the skeleton out

of alignment and the internal organs becoming compromised and 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 behavioural 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.



Riding with Synchronicity



Riding with Synchronicity is leading the way in an advanced and effective approach to horse riding for all disciplines from high level performance to trail riding. Horses want to be ridden in absolute harmony, synchronicity and balance. In these states horses will be happy, healthy, relaxed and athletic. It allows riding to become the freeing, enjoyable and exhilarating experience that it is meant to be, for both the horse and the rider.

When you can let go of all the restrictions or blocks in your body you can find total balance and harmony and you will develop the feel and timing that is intrinsic in talented riders. More balance leads to more confidence and riding can become pain free. For performance this better balance and mobility will allow you to be less inhibitive to your horse so you can be 'right there' with him and allow him to perform to his true potential.

Riding with Synchronicity teaches you the theory of the balanced and biomechanically correct posture that horses need to be ridden in so that they stay sound, are athletic and in which performance manoeuvres will feel effortless for them. You will then learn the practical techniques and riding dynamics necessary to achieve this. You will see how saddles affect the horse and rider's comfort and performance and be better able to select the right saddle.

You will learn to think and feel from your horse's point of view and be able to use psychology to motivate your horse to "want to". You will learn the rhythm, smoothness and softness that horses love to feel when they are ridden and how to develop these qualities for high level competition performance.

The process of learning 'Riding with Synchronicity' involves retraining your brain, nervous system and body so that it is able to move freer, have better balance and co-ordination and think and feel clearer. The concepts are very simple and the application is made easy through developing the rider's body awareness with body balancing exercises, through riding simulations, demonstrations and Energy and Bodywork.

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.



Course Format

The format of this course is quite different to many other horsemanship or riding courses. Changing riding patterns and learning new riding skills is best done through simulation and rebalancing the body, followed with short good quality riding sessions. The same is true for optimal horse training. The changes made in both riders and horses when learning in this style is phenomenal and students find it hard to believe the extraordinary results they achieve in such a short time frame.

To meet this ideal and to cover the diverse range of horse care and horsemanship topics that are taught about 65% percent of the course entails sessions on theory and philosophy, discussions on feeding and horse care, energetic bodywork for the horse and the human, body awareness exercises and riding simulations. The other 35% is hands on riding or handling horses. Each course will vary and be adjusted according to the group's needs.



Date: May 25th-29th 2009

Venue: Wollombi Barn Stay
Wollombi, NSW

Tuition / Accommodation Fees and Bookings

Participants with a horse \$1245

Participants without a horse \$895

These prices include 5 nights accommodation.

Registration forms can be downloaded from the website.

For more information and to read student testimonials go to the website

www.melfleming.com.au

or email Mel at mel@melfleming.com.au

or phone on 02 6760 5519

Accommodation and Venue Details

Wollombi Barn Stay

<http://www.wollombibarnstay.com/>

For details regarding the venue

Contact - Fiona Migan

Fiona.Migan@det.nsw.edu.au

0422 481 800



WOLLOMBI

BARN STAY

BUDGET GROUP ACCOMMODATION



Located about 3kms out of Wollombi Village

- 90 minutes from the centre of Sydney
- 1 hour from Gosford and Newcastle
- 20 minutes from Pokolbin and the Vineyards

Accommodation for the people :

Bunk style accommodation \$50 per night

Fully equipped kitchen. Bathroom has three showers and three toilets (BYO soap and towel)

Large deck overlooking the property with a BBQ area

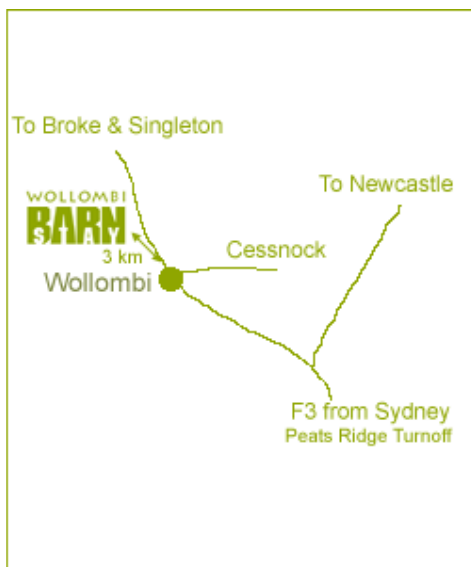
Large lounge area with fireplace

For the horses:

The 100 acre property is right on the river

There is a dressage arena, a smaller coral (small arena size) and plenty of paddock space.

There are also lots of trails if anyone is interested in going out on a trail ride.



Converted from a 100 year old barn, the Barnstay is built from timber sourced wholly from the property. The Barnstay is fully self catered, offering bunk style accommodation in four comfortable airy bedrooms and loft.

<http://www.wollombibarnstay.com/>

Contact - Fiona Migan

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