

The Ultimate Horsemanship Experience

Mel Fleming &
Tony Robinson

Immerse yourself in a horsemanship experience that you will never ever forget., an experience that will instigate phenomenal and lasting changes in yourself and your horse. This retreat like experience will be different than any other horsemanship course that you have done before. For true excellence in horsemanship all four aspects of the horse and human make-up need to be addressed simultaneously – the mind, the body, the emotions and the spirit. Throughout history horses have been immortalized because of their great spirits and horsemen were legendary because of the connection they had with their horses. You will begin to discover this depth of horsemanship in this course.

The course will include Connecting with Horses, Universal Energetic Bodywork & Riding in Synchronicity. It is unique in that you will learn how to look at and deal with any behaviour or performance problems from both perspectives of soundness in the body and training and riding techniques. You will begin to realize just how many of the problems you are having with your horse are caused by physical issues in the body, you will learn to distinguish them from training issues and learn to treat them yourself. Without working simultaneously from both these perspectives of training and health it is impossible to have a willing and harmonious partnership or peak performance.

The major difference between a really talented horse or rider and a not so talented horse or rider is that they are thinking differently and they are able to use their bodies differently. This course will enable you and your horse to be able to begin to think and use your bodies in ways that will lead to the possibility of achieving the highest levels of horsemanship and performance. What is more the qualities that you will develop will also assist your everyday life, making it easier and more enjoyable.

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 & Body Work

Universal Energetic Mind & Body Work 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.

We look forward to seeing
you at one of our courses

Mel Fleming
&
Tony Robinson

About Mel Fleming

My whole life has revolved around horses ranging from stock work to high level dressage, jumping, eventing, driving, vaulting and western riding. Starting horses under saddle and training difficult and problem horses has also been a big part of my profession. I trained as an instructor for the Equestrian Federation of Australia and then looking more deeply into the psyche of horses studied Parelli Natural Horsemanship for 12 years becoming one of their top instructors and horse trainers around the world.

Biomechanics and posture, saddle fit and riding dynamics became an increasingly important area of focus for me as I realized how much of a factor they played in the health, happiness and wellbeing of the ridden horse. Then the big challenge was how to get people to change their physical patterns so they could ride horses in the way they needed to be ridden.

I began to realise that there was a lot more to the horse- human relationship than just the physical. It went much deeper to a spiritual level of connection. Ronnie Willis a horseman of the era and calibre of Ray Hunt and Tom Dorrance confirmed this for me in a conversation we had just before he passed away. I asked him about this spiritual side of horsemanship and he looked over at me knowingly and said "Now you 're talking – now you and I are on the same page".

As things evolved it also became more and more apparent that horses had a lot of physical limitations that were causing their so called behaviour problems and poor performance so health and healing also had to become ingredients for excellence with horses.

The compilation of all of this study, passion, observation and experience is what I have now called 'Connecting with horses and Riding with Synchronicity'. It looks at all four aspects of the mind, emotions, body and spirit for the horse and the human to achieve excellence in horsemanship



About Tony Robinson



I have been involved with many facets of the horse industry from camp drafting and stock work to training racehorses, and starting young and difficult horses. I was always looking for easier ways to train horses and get better performance.

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. These physical and emotional issues can be resolved with 'Universal Energetic Bodywork', a healing therapy that I have developed and that anybody can learn.

I like to approach horsemanship from two perspectives. Good training, which stems from a trusting and compassionate relationship with the horse being ridden in a balanced posture combined with healing the physical and emotional issues that are restricting the horses and causing problems.

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