



THE HEART CENTRE

Healing Hearts and Minds with Horses

HOLISTIC HORSE RIDING

"There is no greater problem than the power within you to overcome it"

3 Modules over 3 Weeks

Dates: February 10th, 17th and 24th 2019

Course timing: 1.30 to 4.30pm each day

Cost: price £67 pay as you go or £247 upfront

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My story:

34 years ago I was waiting for my turn to go over a jump. Feeling sick the stomach, mouth dry heart racing. The horse underneath me feeling jittery from my nerves transmitting to him. I had to learn to overcome my fear of getting over 3'6" especially as I was terrified over getting over 1'6".

That's when I clocked it. The feeling I was going through right there as it was building up the disaster movie in my mind, it was the same feeling I experienced pretty much most nights as I lay awake waiting for my violent alcoholic to return. The fear of what would happen when he got home was the same sick feeling I was experiencing as I waited for my fateful turn to go over the jump.

However, as luck would have it, I had an "interfering" friend. You know the sort that can sort everything out about your life whilst theirs is in equally a mess. "Read this" she demanded. It was my first introduction to self-help. Creative visualisation was the key. You can change your thought, you can change your feelings, you can change even your reality was the claim. I must confess it was met with disdain and disbelief but nevertheless I ended up giving it a go! What did I have to lose?

Well the very shortened version is, I passed the jumping part my exam. I did get over 3'6" in one piece. I did change my reality and I did change my boyfriend! And then I had the crazy idea of what if I introduced these concepts to my riders at my riding school.

Well I resisted for a couple of years because I thought I would get laughed off the planet, but the more I taught the more frustrated got



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when I could see, that people's fears were not just down to riding. I could see how everything that was out of balance in their life affected their position, their horse's way of going and basically in the end the Universe "forced" me to get out there and help these people properly. Initially it was called Holistic Riding and focussed mainly on helping riders overcome their fears. It then overflowed more and more into every aspect of their riding. How they interacted with their horse (or one of mine) in the first 5mins told me everything I needed to know about the beliefs feeling and behaviour patterns in the way off them succeeding or getting the best from their horse or riding.

So, here is a culmination off over 30years study of thousands of riders and how to help them get a better relationship, better responses and better riding experiences. The Holistic Riding facilitator will be able to determine how to help maximise the mindset and feelings of their horse and riders to get the best impact.

The what it is what it is not.

- Not a manual to sit straight toes up heels down -Sargent major barking orders
- Its not about how to ride a piaffe, or shoulder in or renedes
- Many excellent teachers on the how tos

The Holistic Riding Facilitator can coach, act as a conduit, interpreter between the rider and the horse. They ask poignant questions, rather than tell riders what to do.

Think of a sports coach, life coach or They don't necessarily have the skills to run a marathon or head up a huge cooperation however, they can see what is stopping their athlete or CEO and help bring out the best



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in them. Just as highly successful people have a team of coaches, consultants, teachers and experts, so does the wise horseman. One size does not fit all.

They teach feel, groundedness, partnership, connection and confidence. They will help horse and rider connect physically mentally emotionally and spiritually with themselves and their horse. It is a more whole experience.

The aim is to produce co-operation willingness and be an enjoyable experience. The idea is to complement whatever training programme you choose to work with.

The most important idea is to give voice and choice to the horse too. They will be your best teacher without a doubt.

Whether you are supporting a happy hacker or confident competition rider there will be something you can offer to improve their partnership and performance.

There will be by default an improvement in posture, balance and other technical issues of horse and rider because the outer is always a reflection of the inner.

Essentially the rider is taught to ride inside out, back to front and how create up from the down

Throughout the course you will have ample opportunity to practise facilitation as you go along. There may be opportunity to ride if you so wish, but not essential.



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Module 1. What is in the brain goes down the rein.

- How thought become things, everything is energy
- Exploring influence of the mind and
- How the power of beliefs thoughts and behaviours affect the horse and rider
- Influence of the horse

Module 2 Ground control to Major Tom.

- Starting from grass roots – creating connections
- Obtaining permissions.
- Exploring the pros and cons of so-called natural horsemanship thoughts/ideas/principles.
- How to lead the horse to water and create a willingness from them to drink!

Module 3. You must be out of your mind to ride!

- Learning the art of feel, touch and lightness of aids.
- The bumshake, legs like dishcloths!
- Take back the reins, contact from the hands
- Asking the horse for feedback



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Module 4. Feel the fear and do it anyway

- Overcoming Rider fear.
- Helping riders create a friend from their fear
- Changing the what ifs
- Choosing the right horse

Module 5. Hold your horses.

- Helping Horses overcome fear.
- How to settle a fearful horse
- How to create trust.
- Practical welfare support

Module 6. The HEART of the matter

- How to help riders get to the root cause of their fears
- Tapping into the past
- Helping horses from traumatic past
- Welfare and safety consideration for horse and rider



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Module 7. The breath of life

- breathwork & body work for riders –
- Feldenkrais, yoga, Alexandra technique,
- Creating balance in the rider

Module 8. Balance your whoa with your go.

- How to help horses with too much go without just resorting to stronger bits
- How to motivate the less enthusiastic horse.
- Influence of the hot seat rider
- Helping the low energy rider

Module 9 Straight from the horse's mouth

- Straightness training,
- bodywork for horses
- helping rider straighten their bodies



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Module 10. The gift of the present

- Teaching riders how to still their mind and body
- Doing less to achieving more
- Expanding trust between horse and rider.

Module 11. When things don't go to plan

- Handling the difficult horse
- Handling the perfectionist client
- Back to basics
- Health & safety considerations

Module 12. From Stress to Success

- Helping stressed out riders, create balance and calm
- Creating achievable goals
- Welfare considerations for the horse



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I hope you enjoyed reading the content of the course and it helped you see what's possible.

Click here to read some of the many testimonials from people on this particular course:

[LINK]

Any questions at all, please don't hesitate to get in touch with me directly.

Much love,
Wendy

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