



Laurelin Farm/Caroline North presents:

Introduction to Lightness in Horsemanship

Workshop Overview

Course Objective: To introduce to participants a knowledge and practice of what lightness is in working with horses of all disciplines and levels through exercises that emphasize mindfulness, intention and movement in both horse and handler.

We will work on the physical (body position and feel), the mental (gentle progression and goal setting), and the spiritual (the moral aspects of what we get from horses)

Prerequisites: Age 10 and up, Must be able to handle a horse on the ground (lead and tie) and be able to walk on own in the saddle. You may use your horse or a horse at the farm.

Text: Recommended reading but optional: Zen Horse, Zen Mind, by

Dr. Allan J. Hamilton

Also for excellent body language observations (of humans) see Frederic Pignon and Klaus Ferdinand Hempfling in free videos on Youtube for further study.

It is preferred to teach the sessions 1 week apart, but they can be grouped into one day if more convenient.

4 sessions Format: 15 minutes classroom group exercise

45 minutes hands on horse exercises

20 closing and journaling exercise

- Topics:**
- 1. An introduction to just how sensitive horses are, and learning our responsibility toward that sensitivity.**
 - 2. Defining space and distance, and what they mean in your signals to your horse.**
 - 3. How to set boundaries to develop self-confidence and leadership.**
 - 4. An introduction to applying mindful energy and what to do if you horse says no. Final Exam grade.**



Laurelin Farm/Caroline North presents:

A Deeper Understanding of Lightness in Horsemanship

Syllabus

Call Caroline North at 532-9434 for details!

Course Objective: To Advance and refine participant's knowledge of lightness through exercises of that emphasize awareness, rhythm and grace regardless of their discipline of choice.

Prerequisites: Age 16 and up, Must be able to handle a horse on the ground (lead and tie) and be able to walk on own in the saddle. You may use your horse or a horse at the farm.

Text: Recommended reading: Zen Horse, Zen Mind, by Dr. Allan J. Hamilton

Class Format: 15 minutes classroom group exercise

40 minutes hands on horse exercises

15 closing and journaling exercise

- Topics:**
- 1. Choosing graceful decisions and goals, and determining your horse's attitude toward them.**
 - 2. Athleticism: How to influence your horse's fitness to accomplish your goals.**
 - 3. Learning to recognize the art of pause, and when your horse needs one.**
 - 4. Rhythm: How to recognize your horse's and your own, and how this rhythm affects your movement together.**

Final Exam grade.