

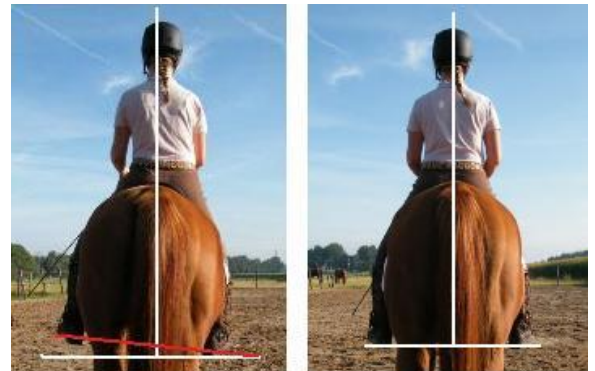
...in association with De Atletische Rijkunst
For an athletic, balanced, supple, powerful, self-confident and happy horse!

How to Balance Your Horse

“I have had problems with my mare since I first started her. Hundreds of euros lighter and a lot of treatments later my mare was still lame: until I met Monique and spent a week with her. Now she’s not lame anymore and for the first time she can relax her back muscles. A great feeling! Thanks to Monique we now have a future together again.”

G.M., Hamburg

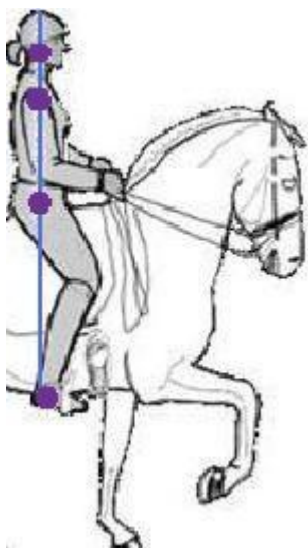
Samsara is proud to host a 5-day workshop with the Dutch rider and trainer Monique De Rijk (www.atletischerijkunst.nl) who was trained as an instructor with the well-known Belgian trainer, Antoine De Bodt (www.hoefkatrol.be). At Samsara we believe that to achieve our aims with our horses requires a complete, holistic approach. It is not just a matter of buying the right saddle or having the right teacher. This is the first in a series of workshops Samsara is hosting which complement perfectly our philosophy and our muscle therapy program.



Learn How to Balance yourself and your horse by developing your feel for your horse in conjunction with practical knowledge about horse anatomy and biomechanics (how a horse physically moves).

On this course you will learn:

- ✔ How to get yourself in balance when riding
- ✔ How to balance your horse
- ✔ Relevant Horse anatomy
- ✔ Horse biomechanics



February 3rd – 8th and 18th – 22nd 2013, Cabalva Farm, Whitney-On-Wye. Cost £350

If you experience some of these problems this course may well be for you:

Very tense/ does not ‘let go’ easily, not straight, uneven on the bit, canters on wrong leg, problems bending, difficulty moving sideways, does not collect himself, horse does not move forward, irregular beat in gaits, horse ‘leaps’ forward when changing gaits, doesn’t take the aids well, rein lame, etc.). Other problems which can be greatly helped include Kissing Spines, bucking, teeth gnashing and many other behavioural issues.