

# Horsemanship Clinic 'Riding in Balance & Harmony'



This workshop is about harmony and balance between you and your horse.

How can you achieve harmony and what does balanced riding mean?

How do you know if 'problems' are caused by unbalance in yourself or in your horse?

You will learn to feel if your horse is using his body the correct way. We will do gymnastic exercises that will make your horse stronger and more flexible. We will also do a body scan on you to find any issues that might interfere between you and your horse, and...you will learn how to deal with them. We will talk about setting up a training program for your horse. What is fair to ask, when can you expect to see results. It is all about personal attention for you and your horse, improving harmony between the two of you. We will use techniques from Centered Riding, Natural Horsemanship and Classical Horsemanship.

## Planning (subject to change)

- Body scan of yourself and your horse using techniques from Centered Riding and Equine Body Work
- Saddle fit
- Talking about your goals with your horse and how to achieve them
- Body work rider
- Riding exercises
- Learn a few basic massage techniques that you can use on your horse after a ride, lesson or training session

## **RIDDEN PLACES ARE LIMITED**

Location: Carnarvon

When: 31<sup>st</sup> March & 1<sup>st</sup> April 2012

Time: 9.30 – 16.30

Investment: \$ 395 p.p. for the 2 days

Fence sitters welcome: \$ 50 per day



**FREE essential oil workshop on Friday night starts 6 pm. Learn how the use of essential oils can have a positive effect on you, your family's and your animal's health and overall wellbeing.**

**Demonstration: raindrop massage technique on a horse.**

Sietske is an Equine Body Worker and Bowen Therapist for Horses and Small Animals. She has over 15 years experience in training and teaching Horsemanship and runs her business Equi Balance ([www.equibalance.com.au](http://www.equibalance.com.au)) in Bridgetown

Sietske will also be available for Bodywork & Bowen sessions on Friday 30<sup>th</sup> March and Monday 2<sup>nd</sup> April

For more info and enrolment form contact: Rachel Norris, [Rachel.norriss@hotmail.com](mailto:Rachel.norriss@hotmail.com), ph. 9943 0570

**Inspired by horseman like Klaus Hempfling, Mark Rashid, Monty Roberts, Sally Swift, Alexander Nevzorov, Bill Dorance and many more,  
Sietske developed her own way of working and communicating with horses.  
She can help you and your horse to build a better relationship through feel and communication.**