

Adam Shereston Centre of Horsemanship

Horsemanship: An Introduction (2 days)

'Building a partnership'

In this special introduction course, you will learn about the language of horses, their subtle communication and their natural movements. You'll learn how to communicate with your equine partner in a way that builds a harmonious partnership.

Main subjects:

- The language of horses
- Feel, intuition, balance and timing
- Groundwork & ridden work
- Releasing manoeuvres

We will focus on communication through body language and feel, learn to work with timing and we will help you to bring out your natural leadership skills. You will learn how to lead and direct your horse safely and confidently from different positions. Besides building a foundation on the ground, you will spend time learning the natural way of riding. In the saddle, you will learn what it feels like to move in time with the horse and how you can influence and release their manoeuvres.

The aim of these two days is to help you become more at one with your horse, and to work towards synchronisation. You will learn to achieve your goals both on the ground and in the saddle without the use of unnecessary force or pressure.

Details

- Beginners to advanced riders
- Small group to ensure individual attention (max 4 people)
- Days run from 09.00 - 17.00
- £175 (incl. lunch)
- Stabling, breakfast, evening meal, accommodation can be arranged at an additional cost