

Adam Shereston Centre of Horsemanship

Horsemanship: The Complete Programme (5 days)

This training week involves total immersion in horses and their natural behaviour, learning how to become really in tune and read the slightest signals the horse offers.

Main subjects:

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

In this programme, you will learn a significant amount about the language of the horse. You will learn about natural leadership, timing, feel and balance; how to communicate with the horse from the ground, build a good foundation, and how to translate this into the saddle. We will practice how to synchronise with your horse and their natural movements, and how to influence, encourage and release these. On the last day, we will go out for a trek in the countryside, to practice and enjoy what you have achieved with your equine partner during the week.

After this week, you will have explored how we, as humans, can refine our skills in communicating with horses, and how we can earn from the horse its natural willingness to follow and offer. You will have experienced how to build a relationship with a horse based on trust, respect and understanding, and it will give you a solid foundation in working with horses, whether in a private or professional capacity.

Details

- Beginners to advanced riders
- Small groups to ensure individual attention (max 4 people)
- Days run from 09.00 - 17.00
- £595 (incl. lunch)
- Stabling, breakfast, evening meal, accommodation can be arranged at an additional cost