



Hello all! This is a “feeler” email. For the past seven years I’ve split my time between northern Idaho near the Canadian border and southern Arizona on the Mexico border. Looking for a change, I just returned from a 2,000 mile road trip throughout ID, MT and WY in search of “the place” to condense to in one spot. Between these hard economic times and the severe weather, everyone seems to be struggling to stay afloat. Luckily I have the option and freedom to move and create a flexible schedule and I’ve decided to take advantage of that.

I’ve found it’s costly for the public to haul to remote locations, so starting this fall I’m hitting the road and coming to YOU. If you’ve ever wanted to host a clinic this is the time. In the past I’ve offered clinics throughout the Northwest, Southwest, East and HI. Happy to return to past locations, I’m also looking to expand and spend time in places that I haven’t been to. My resistance in the past to being on the road has been to not become “just another clinician” offering the same info to the masses. My goal is to keep these clinics small and personal. I hate thinking of my teaching as a “McDonald’s fix.” I’m not looking to magically change a rider and their horse; I’d rather offer long term tools to the rider so that they can progress without feeling like they need to “rely” on an instructor for every step of the ride. Bear with me for the details I tried to cover most questions asked, but if I’ve forgotten any feel free to contact me with ideas, suggestions or questions.

### What kind of clinics will be offered???

People always ask “What do you teach?” And I tend to say “Everything.” My goal in teaching is to create a mental and emotional awareness in both the horse and rider, which in turn allows for a physical change. Who does this apply to? Everyone. Too many people are hopeful that the ride will work out. I offer tools, (mental and physical,) for the rider to feel like THEY are taking their horse for the ride, rather than “going” along with whatever their horse may be offering.



### What is the format?

These clinics are designed as confidence builders. They are what I call mentally stimulating rather than physically challenging. The formats vary depending on the participants and their goals. Typically the initial sessions are individual and then as the clinic progresses we add in group sessions. There is LOTS of discussion, laughter and fun throughout all sessions and I encourage other participants to watch and learn from other riders. This is not just about you and your particular horse; rather these clinics are about your OVERALL ability to see, assess, decide and proceed to influence. If you can mentally slow down what is happening, you have more time to influence and create the ideal changes. I want riders to walk away with the confidence to feel that they are “present” and able to affect what is about to happen, rather than responding “reactively” when working with their horse.

### So who does all this apply to?

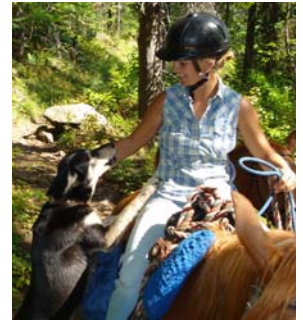
**General Horsemanship-** This applies to everyone and all age horses. Your ride BEGINS when you *think* about going for a ride. If you are not mentally clear and present than you cannot expect your horse to be. We are looking for a mental availability in your horse with him offering “What can I do?” Instead, most horses are like teenagers, their attitude typically says “Why should I?” This creates a continuous unnecessary resistance throughout the ride. In most cases the horse eventually “gives up”- but for me that’s not the point. Why not skip all that “gray” area. This is not about a battle of the egos. Instead, learn how to create clear boundaries of what works and what doesn’t. The clearer you are, the more your horse can learn how to gain confidence as he operates within the set “boundaries.” You set the tone for the upcoming ride in how you “converse” with your horse on the ground. A few questions to ask:

Does your horse greet you? Stand quietly for grooming and tacking? What attitude does he have towards life in general? Does your horse stand physically next to you, but is mentally “on the other side of the fence?” Does your horse line up at the mounting block without you having to “lead him?” Does he patiently open and close the gate? Does he care if you change the “routine” of where you ride or what you ask of him during the ride?



**Dressage riders-** Enjoy an anatomical lecture, learning about your body, where, what and how you use your aids. Break down commonly used “terms.” Learn how to continually assess your ride and offer a “conversation” using finesse to achieve balance, cadence, rhythm, collection, suppleness and lightness for quality movements.

**Trail Riders-** how many times have you “hoped” the ride would go well as you headed out? Does your horse have to move for twenty minutes before he can settle down? Can you leave a group of riders and head back towards them with your horse maintaining a relaxed and light feel? If you take a break does your horse stand? Can you ride at the front of the group, middle or rear without your horse getting stressed out?



**Gaming Riders-** Want to have a calm start and accurate ride? Learn how to help your horse to become balanced at high speed to increase your times. Are you dealing with an anticipative horse that tries to “take over” half way through a run? Let’s break it down into attainable “sections” that can be addressed to create a quality ride.

**Endurance Riders-** Does your horse get “amped” at the start of a race? Do you have a hard time keeping him at a consistent pace? Does he get stressed loading to head to a race? Does he recovery quickly after a long ride?



**Jumpers-** I like to say that jumping is flatwork with obstacles in the way. So many people separate their “warm up” from their “jumping.” Instead learn how to assess your horse throughout the warm up and then influence his performance to have a quality jumping session. Does he increase his speed through a course? Does he “take over” two strides out from a fence? Does he land on the forehand? Are your flying or simple changes “sloppy?” Does he get “excitable” as you raise the fences?

know their job, and so they tend to anticipate, which means they then tend to take over during a ride, which then causes a constant struggle between horse and rider. More effort and time is spent on “fighting” the horse, because the horse thinks he “knows” his job. Sometimes the rider does get in the way, but even if the rider’s timing is off, your horse needs to at ALL times are able to “hear” the rider’s aids and softly respond to them.

**Cow work (in or out of the arena)-** As with any type of ride, TIMING is everything. Many horses



#### **Length of clinics, facility requirements & participants**

Most clinics run between 3-5 days. Anything less than that I find ends too soon. It usually takes a while for all of the theories to be mentally digested by participants to experience those “Aha” moments.

Obviously if you’re hosting a jumping clinic you’ll need to have either stadium or cross country jumps. Otherwise I’m flexible and creative. The ideal is to have access to a safe round pen, an arena (indoor or covered if weather will be an issue,) and open space to “ride out.” I have a portable PA system so that all can HEAR no matter where we are riding.

Who many participate? Anyone who is enthusiastic about learning is encouraged to come and participate. Whether you have an unstarted horse, a “reliable” trail horse, or a performance horse you and your horse *will* gain a lot from these clinics. They are not designed so that you hear all the “same” information. I limit these clinics to ten riders so that all can receive the individual attention they need. Riders (if the facilities permit) can bring more than one horse to work with.

**Cost-** Depending on the length of clinic and number of participants I’m trying to keep these affordable. The cost ranges between \$350-750 per participant. This would cover my teaching fee- the host would have other costs for people boarding horses, facility fees, etc.

WHEW! So whether you might be interested in hosting a clinic (it’s really not as bad as most people think,) participating, or auditing- please spread the word! Feel free to pass this email on or print it out and post it on your notice board, tack store or barn! If you’ve received this email from a friend and would like to find out more about me- feel free to visit the website. Thanks for your time!

***Samantha Harvey***

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