

★ Barn Guide ★ To A Good Ride



★ 1. Leave your baggage from the day at the gate.

Focus only on working with your horse.

Allow your horse to get rid of any excess energy before you start either by lunging or turnout to give them the ability to focus on you too.

★ 2. Increase your level of awareness.

Pay attention to what you are doing with your body & what your horse is doing with theirs. When we are busy we tend to look at our riding time as a checklist of things to do.

Focus on connecting to achieve what you desire.



Riding is not a checklist, riding is connection.

★ 3. Ask for more from yourself and your horse.

Good can be better.



★ 4. Remember you are a teacher, not a dictator.

Strive to inspire your horse to want to participate in the lesson, not to dread it.

★ 5. Remember you are a coach, not a doormat to be stepped on, not a scratching post, not a kite to fly behind in the wind.

A leader in a partnership. Be kind but firm.

★ 6. Ride with an attitude of gratitude. *Working with horses is a gift!*

We don't know how many rides we have. Soak it up!

This attitude also softens your body & actions which in return softens your horse allowing you to achieve your goals much faster!!

*Enjoy!
Riding is not a destination,
But a journey.*

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