

HORSE GIRL 
The **Pre-Ride Equestrian Program**™
connection confidence willingness



Before working with your horse put on your C.A.P.E. of connection. awareness. presence. energy

Create a trigger for confidence, awareness & presence

Access your energy level

Access your horse's energy level

Groom for connection

Lunge with Connection or work in the round pen with connection & purpose

Groundwork for acceptance

Willingness & Suppleness Pre-check

Equipment Pre-check

Connection Pre-check

Mount with presence & balance

Ideas for a daily groundwork routine

1. Get rid of your horse's excess energy
2. Test your whoa on the ground
3. Play a game of "simon" says
4. Make sure your horse is leading respectfully and paying attention to you
5. Make sure your horse is accepting moving away from pressure willfully
6. Do some desensitizing

Remember to practice awareness, presence and listen to your horse

3 Keys To Excel In Your Groundwork

1. Understand the exercise and its purpose
(we will cover this as we go through each exercise)
2. Find within yourself balance between boldness and softness.
3. Know there is more. There is a deeper level.
Both you and your horse are capable of more than you think.

