

## RELATIONSHIP & BONDING

Examples:

- ♥ Grooming
- ♥ Bonding
- ♥ Horse catching you
- ♥ Undemanding time
- ♥ Confidence building (human and/or horse)
- ♥ Motivation
- ♥ Inspiration
- ♥ Psychology
- ♥ Understanding who horses are
- ♥ Bravery training
- ♥ De Coade Therapy
- ♥ Much more than just riding



If you allow them, they can be great teachers and can help *you* to be a better *you* each and every day.

They are the mediator giving us some of the best life lessons we will ever have if we allow it.

Too often are we busy with our everyday lives.

*The horses are not.*

So instead of trying to shape their life into yours I will share with you ways you can help shape your life into theirs.

After all, is that not why we fell in love with them in the first place?

Mother Nature has such a strong hold on horses, sometimes the answers stare us right in the face and we just don't see it, I will teach you to start to see it.

Relationship building is incredibly important. If we ask ourselves what is in it for them and I mean: 'Really! What is in it for them'?

The answer can sometimes be very confronting and not really what we want to hear.

Why not groom your horses to bond, not just to get them clean.

Why not hang out and do nothing like they do with each other.

Why not spend time doing things another way rather than the same way over and over which is obviously not working or is unpleasant for you and the horse.

Why not learn to see injury, pain or discomfort sooner rather than later.

Why live in a box of fear that has gone on for so long that it becomes normal when you do not have to.

Lastly, horses are way more than just riding; they can be and *are a way of life*.