

MOHEGAN EQUESTRIAN PARK

Special Offer - Expressions of Interest



Karen White is offering a 20% discount on her full range of; lessons, training sessions, group bookings and clinic bookings at ALBANY

Expressions of interest are sought by emailing Karen with a preferred weekend date (Fri, Sat, Sun)

The most popular weekend will be confirmed to all interested by return email - along with a request for you to nominate individual or group lesson, training issue and any preferred times.

Karen has worked her training magic with many horses and people of all disciplines for 20 successful years

- Karen's dressage clients report high levels of improvement in performance with collection, transitions, engagement, suppleness and self-carriage
- Problem solving and behavioural issues are Karen's speciality

Email Karen – or call for enquiries

Karen White
Mobile: 0419 984 367
Email: karen@karenwhite.com.au
www.karenwhite.com.au



Clinics - Group Bookings - Horse & Rider Training - Workshops - Appaloosa Stud

KAREN WHITE, MOHEGAN EQUESTRIAN - CLIENT TESTIMONIALS

Barbara Hinchliffe and Genevieve

I am delighted to provide this testimonial for Karen White of Mohegan Equestrian Park.

I first met Karen when I needed float training for my mare Genevieve. Karen came to my agistment centre and was able to solve the problem in one lesson. After Genevieve was walking on quietly and calmly, (for the first time in ages!), Karen patiently taught me the skills I needed to continue on.

I was so impressed by Karen's training methods that I booked regular lessons. Greedy for more I have also attended a variety of her clinics and boot camps. Without exception I have always walked away learning something new and hungry for more. Her training for horse and rider crosses over all equestrian disciplines. Karen has the ability to pass on her vast knowledge in a clear and concise manner....she not only trains your horse, but turns you into your horse's trainer, and at the same time, you are given a riding lesson. Brilliant – three in one!

I have no hesitation in recommending Karen. I would be happy to confirm the above or provide any further information.



Christine Watson and Lacy

I have been having lessons with Karen White for 8 Months, and I have learnt so much in such a short period of time. From natural softness/collection to reverse arc exercises for shoulder control and understanding how important it is to get my horse supple so she can do the technical moves I require her to do for my dressage.

Karen's approach to teaching is very encouraging and extremely helpful. It makes me understand with clarity why you do, what you are doing. Karen also explains it from a horse's point of view, which I find extraordinary.

A recent example of how intuitive Karen is, my young mare 'Lacy' was behaving out of the ordinary, refusing to soften, being very resistant and locking her jaw on the bit. This behaviour was not her normal self. Karen asked if she could ride her to have a feel. It took Karen about a minute to realise that my girl was indeed sore and suggested we discontinue our lesson and seek out some medical advice. I had her checked immediately and found she had 3 muscle tears - She wasn't even lame!

I couldn't recommend a better instructor to help progress you to succeed at any discipline. I have also been to a few different Clinics of Karen's, which were mind stimulating, educational and Fun!!

WABA State Show Results March 2013

We succeeded at all our classes and in addition to the ridden we also came 1st and 2nd in the Handler class out of a class of 15 which I was very proud of.

Our goals are now set on training with Karen White for the Royal Show 2013 in Dressage and Hacking.



Christine Watson and Lacy with Skye Hand and Cruize



Skye Hand and Cruize

I've had my own pleasure hacks and pony club horses all my life but my 'real' horse journey began 12 months ago when I decided I would purchase a yearling as a project horse.

I quickly learned that although I had many years of horse experience, ruining a perfectly formed yearling was not something I could bare. I was referred to Karen White for some initial advice for handling Cruize and instead of absorbing just that session and moving on, I decided to never leave. I could spend hours at the training Centre because Karen not only provides the most valuable information to help make the connection between you and your horse, she is also one of the most lovely, kick-back, fun, motivating and encouraging people I've ever met.

For those who lack confidence, she'll quickly fill it. For those who may be a little heavy-handed, she'll be honest, yet tactful. For those of us who are a little too keen and may miss some vital steps in our training, she'll explain the necessity behind it's worth.

Cruize and I have only been with Karen for a short time but in one lesson, I changed my mind from selling him to having a connection so strong that we both now understand why and how to trust each other. From this moment on, so many doors have opened and I'm hanging out every day to meet my ever-eager Cruize at the gate and to practice our 'homework'.

I am not only forever grateful to have made this connection with my Cruize, but I am down-right lucky to have Karen as my guiding hand.

Our first show at Brookleigh and we won all our classes. Cruize is 2 years old! Thank you Karen.



Kate Martin and Django



Martine Parsons and Will

May 12th 2013... More Ribbons again this weekend Karen, both myself and Will can't thank-you enough, we love you Karen & recommend you to anyone that wants to succeed at their chosen Equestrian Event.



Roberta Hiskins

I have known Karen for over 25 years and have watched her achieve so much in this time. Her dedication to our equine friends is so inspirational. She is one of those special "larger than life" characters who just oozes love and her own special personality which she shares willingly with everyone who comes in contact with her. I highly recommend Karen White's training/coaching for any discipline. It works!



Kate Martin

I did myself a favour and booked a private lesson with Karen White as I was having training issues with my horse being very pushy in the bridle and on the ground. Karen showed me several exercises to do which helped us immensely with our dressage training and opened up many new doors.

I took my horse Django (aka Chewie) to a Water Sport Fun Workshop of Karen White's which was totally out of my square. There were water pistols, painted 44'gallon drum horses and cows, spraying water daisies, horse ball soccer just to name a few things!

All this excelled us to become more confident, more relaxed in new environments and just get to trust each other with a deeper bonding. Karen's In Hand Ground Work Clinic also improved our lateral work, backing up, Show preparation and suppleness for Chewie. This has all been put to good use as our dressage training progresses.

Sonia Broi, CEO – Second Chance Horse Rescue, SCHR

I have attended many of Karen White's clinics and found them to be wonderful for gaining confidence and especially great for the horses. I have taken my own horses that have had certain issues and also rescue horses to expose them to the environment of having other horses around them and lots of things to desensitize them. The horses I have taken have all benefited enormously from attending Karen's clinics and I myself have had a lot of fun in the process of learning.

Karen from the goodness of her heart, shares with Second Chance Horse Rescue SCHR, free training and clinics for our rescue horses so as they can benefit from her training when they are adopted or fostered.

Sonia & Serenity going through the Mohegan Tunnel



Tina Nicholson

This letter of recommendation which I am writing regarding Karen White and her training is in the interest of anyone to read that owns or leases a horse, or is thinking of purchasing a horse. This letter of recommendation covers anyone that has a foal through to those who have a professional discipline with English or Western riding to the many pleasure riders and Adult Riding Club riders out there. In fact anyone that has a horse would benefit having Karen White and her training in their lives as I have in the past. I mention all of the above as over the years I have seen firsthand the training systems that Karen embraces for all of the above.

So, I begin by saying that every now and then you come across someone special in your life travels, someone that has made a positive impact in your life and that of your equestrian friend. Karen White is one of those warm gifted people that are passionate in what she does and believes in you. I am blessed that I came across Karen White and her training techniques in my equestrian life many many years ago.

I found it so refreshing to find a **'professional horse trainer'** that wasn't biased or judgmental in what discipline you chose to do with your horse. It makes no difference to Karen if you are a dedicated **Western, all English disciplines** or **Pleasure horse rider**. To Karen, it is all about the partnership she can teach you with your horse, to keep you focused and the training moving forward all the time with commitment. Many of my friends that I have introduced to Karen and her training techniques are simply Pleasure horse riders who just enjoy the horse for bush riding or Adult Riding Club riders wanting their training to move forward and be able to tackle any problems they come across safely.

Karen is the full package when it comes to commitment and training techniques. She covers everything from the first time your horse is handled, though to float training,

education under saddle, competition for **dressage/western/hacking/in hand showing**, the list is endlessly.

Karen has the patience of a **'saint'** when it comes to the hordes of women out there that have simply have lost their confidence through a past accident and a blessing for those ladies that have not been in the saddle for a long time due to having had a baby etc. There are many of my friends and I included that just through age and getting older simply loses our confidence in the saddle. As our bodies are naturally ageing, we become more cautious as we don't heal as quickly as we did many years ago. Karen puts our insecurities out the window as she reinforces her training techniques to give us the power to achieve anything with our equestrian friends and puts a smile back on our faces once again.

I simply can't write enough about her as a recommendation to anyone who is thinking of under taking any sort of training, she is the best in my books and before meeting Karen I had tried many different qualified trainers and their different techniques. Nothing made more sense and more progressive logic than what I have learned over the years with Karen White, watching her train many people and their variety of horses of various disciplines that have come along leaps and bounds. Beginner riders to 'Young Dressage Horse of the Year'.

I will end by saying that I have sadly just retired my old faithful horse and seriously thought about hanging up the stirrups. However, I saw this starved young gelding in a paddock only just put under saddle as green as they come. I couldn't leave without buying him and so the journey begins again and the journey only begins again because I know that I have Karen there in the background for any training that I need and I look forward to the partnership that she is going to forge from the foundation training to any calm down cues that I may need and know that I will just be going forward with this horse through the training that she will provide.

We have just commenced our first year together at Adult Riding Club and already he has learnt so much and she has given me the confidence to give it a go. I would never have taken this young horse on without Karen in my equestrian life.

If anyone wishes to contact me to confirm this endorsement, I am more than happy to have a chat with you.

Believe me, when I say she is not only a wonderful horse trainer, but through all the years, she is a wonderful friend. I have been blessed to have her in my life as have countless others who also call her their special friend, built up by the bond she not only forms with you and your horse, but the bond between her and the people she gets to know.

Karen White is one of the warmest and genuine people out there in the **equestrian scene**.

Do yourself and your horse a favour and give her a call to help in any equestrian discipline or training problem.



