

# Karen White

COUNTRY CAMPOUT CONFIDENCE Workshop

30<sup>th</sup>-31<sup>st</sup> January 2016, Bolgart WA



Hosted at 'Darlington Farm' – home of Janine & Justin Edmonds

Address: 497 Blood Road, Bolgart 6568

Contact phone number: 9627 5172

Contact person: Janine

Email: [Janine.edmonds@westnet.com.au](mailto:Janine.edmonds@westnet.com.au) (for directions and further info).

## *Making the Connection* — Karen White



Horses DNA are authentic and very much **'In the Moment'**. Humans DNA are the opposite, grudge holders, taking horses mistakes personally, perpetuating the past. It really takes commitment to be able to change our mindsets as humans, letting go of fear and frustrations which many men & women suffer. After childbirth, people turning a certain age, or, experienced an significant injury, relationship break-down, family issues, general fear & paranoia, can disable the mind leaving no logic for the horse to understand. Students benefit before mounting, acknowledging the internal issues beforehand, being mindful of what needs to change about the thought pattern and having lesson plans at hand to help unlock the mind when the body and brain FREEZE. Knowledge is powerful and it keeps you safe and in control of the horse at all times, minimizing the vulnerability, anxiousness that maybe holding you back. Karen White will teach you the **'connection'** in such a way that a meaningful conversation has been understood by yourself, and completely understood by your favourite equine.

Whether you compete at Dressage, Western, Hacking, Jumping, Eventing, Pleasure Rider, nervous beginner needing confidence building, Karen White is here!!

*"Making the Connection"*



### **Short Brief:**

Karen White workshops are jam packed with training technics, problem solving, and confidence building for a level of riders. The schedule will be emailed to all riders participating closer to the date. If you have a specific training problem needing attention, a private lesson is recommended after the Sunday workshop. Limited spots so be quick to email Janine.

BYO water bucket for your horse. Oaten hay will be provided, all other feeds are BYO. All horses should be up to date with worming and vaccinations.

**Saturday:** Arrival between 3pm-4pm, meet and greet.

### **Workshop 1**

**5pm-7pm** - followed by a quiz night so bring all your fun games with you, barbecue and light drinks. BYO alcohol. A \$20 fee per rider, \$40 for fence sitters, covers all costs for the Saturday BBQ & quiz night and Sunday breakfast, hay for the horses and ground fee.

It is a Campout so bring **ALL** of your own camping gear; portable shower, tents, swag or sleeping bag, mattress, torches, insect repellent, water bottles, chairs, etc. There is some shade but not a lot so bring shade umbrellas if desired. Remember, this is a working farm.

Please note: outdoor toilet at the house which may be used by everyone; No shower facilities.

### **Sunday morning:**

**6am** - Early breakfast (toast, cereal and milk, tea & coffee) followed by

### **Workshop 2**

**7am-9am** - beating the heat.

All forms must be emailed to Janine prior to the workshop a with non-refundable 50% deposits. All rider positions must be paid in full prior to the workshop, no rider position will be held without deposit commitment.

8 – 12 rider workshop. \$180 per rider. Fence-sitters welcome for the evening & morning sessions.