

Thursday 5th June 10am-11.30am MTC Worksop

“Emotional Horse & Rider”



The Mohegan Mascots – Caviar & Rebel

Another fantastic, fun filled and informative MTC workshop. We were blessed with another gorgeous sunny day at Henley Brook. All the ladies worked genuinely hard on controlling their own emotions as the traffic and obstacles challenged every rider. As usual, the horses pretty much took everything in their stride proving that, human emotions are much more of the bigger picture when dealing with unexpected changes and challenges. The horses that did have a reaction, calmed down quickly with controlling the horse's feet with Karen demonstrating this over and over again.

As we learn to become less reactive, better leaders, calmer and clear with our communication, our horses become more responsive to what we want. It sounds simple doesn't it!! But of course, it is hard to put in to practise when our feelings become wired to fear and sheer panic creeps in and takes over our thought pattern with all logic leaving our mind, left with fear or frustration. Karen White has intuitiveness to the horse and rider, working through each and every step of any horse and human behaviour with empathy and yet has the riders focused beyond what they thought possible of themselves.

The ladies were able execute a side-pass over an obstacle, forward and backward in straight lines controlling the horses hind quarter, straddle an obstacle, water jump, walking their horse bravely over tarps, deal with noises from a busy road such as trucks, bikes, tooting horns all in a safe environment, bouncing balls, on and on we went!!!







State Equestrian dates as follows:

19th June, 10th July, 31st July, 7th August, 28th August, 16th October, 30th October

\$50.00 per person for lesson plus SEC arena hire

Karen White holds ladies workshops every Thursday 10am to 11.30am at Henley Brook, SEC & fortnightly bush ride training at selected safe venues.

E; kmohegan@gmail.com Facebook; https://www.facebook.com/pages/Mohegan-Training-Agistment-Centre/156556227731754?ref=br_rs

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

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