



Anna Stewart

Who is Anna? I'm 38 years old and I live in Sweden together with my husband Garry, who is an American. We live in a small village north of Gothenburg and there we have Stewart Ranch. We have four horses and I ride both Western and English, but Garry is only into Western.

I have been around horses all my life and got my first horse, an Arabian, when I was 10 and he was then 6 months old. He was my friend and my partner for 25 years and he passed away in 2013; we miss him every day. He was the horse who taught me so much and we did everything together. We did dressage, show jumping, eventing, endurance, and Western. We competed in Western pleasure, Western horsemanship, Western riding, trail, roping, barrel racing, and pole bending. We also helped farmers with their cattle and he was a natural. He also taught me that you have to be humble and listen to your horse, show the horse respect, and offer good

leadership.

Besides the horses and Stewart Ranch I have a "normal" full-time job. I work at the IT department at a big clothing company in Sweden called KappAhl as a Service Desk Analyst. I also work for another company called Equipe that is offering a web application to manage everything within equestrian shows, everything from the beginning when you enter a show to all the results and scoreboards, and you can also follow the riders online. I'm helping out with the technical part on big horse shows; for example, Falsterbo Horse Show, one of the biggest outdoor shows in the world, hosting the world cup in dressage and nations cup in show jumping. I also like to sing, so I have done some recordings over the years. I like to hang out with my friends, and my husband and I like to throw parties once in a while.

Stewart Ranch started in 2006, when we started to sell horse feed. Then people began to ask if I could help them out with their horses and training and that was how it all started with the lessons. Today I have a couple of places I go to every month and teach. I also have a lot of lessons and clinics at home and I teach in both English and Western, different levels and different ages of both horses and riders. I also have a lot of trailer loading cases.

I love teaching the owners about the horse and how to think and understand the horse. The horse does not do anything to be evil— everything has its reasons. You need to be responsive to your horse and be able to read the signals—the horse is talking to you all the time, it will tell you if it is scared, anxious, reserved, and so on. If you can tell the horse that you are a person to count on, that you have control of

the situation, the horse will give you all the responsibility and you will become a person that can help the horse with the problems the horse is encountering and not become a part of the problem. And the horse will feel safe and respect you. And if you also can read the horse and, when asking for a task, reward the small steps the horse is making, then the horse will know that you will not ask for anything that it cannot accomplish and with that knowledge in the horse it will ALWAYS give you an honest try in everything you ask it for. And when you have that communication with your horse you can do everything and accomplish anything. That feeling is an adrenaline boost.

I also in my training teach my students the importance of the horse working correctly through its whole body. It doesn't matter what discipline you ride, you need to have a good basic foundation to build on. You need to exercise all the muscle groups and treat the horse as a professional athlete. Even if students don't compete I want them to ride the horse in a way at a level that is not difficult for them to understand and maintain and at the same time train the horse correctly. I want my students to have horses that last long. The horses are their best friends and need variety in their training to be able to be best friends for a long time and not get sick.

To me the horse is priority one, it is the people who have to learn about the horse and adapt, not the other way around. And that is also the best thing about horses, because you'll learn all the time and there is no end to it, every horse teaches you something. You will never be complete or fully learned in this subject.

My tip for other instructors is to always be honest and teach in what you believe. Speak for the horse and help your students to succeed to become one with the horse and a team that will show good horsemanship and sportsmanship and with that mindset they can reach the stars. And don't be shy to think out of the box.

Thank you so much for letting me become an ARIA instructor and joining your team, I'm honored.

If you visit Sweden you are welcome at any time to visit us on Stewart Ranch. You can find us on Facebook.

Best Regards, Anna