

## Vermont News and Happenings Fall 2017

**High Horses** hosted a very nice natural horsemanship clinic with clinician and author Tim Hayes on August 19<sup>th</sup>. Tim covered great information on remaining present and working on “horse time” and not to work within our own personal agendas. Reiterating that doing what the horse needs in the time frame that works for the horse is better than rushing to get something done for the sake of saying you did it. Also, how important repetition is for the horse so they really begin to understand their jobs. All unmounted work transfers into the saddle. The better your horse is on the ground the better your rides will be. Those in attendance asked great questions & seemed to really take a lot of knowledge with them.



Tim Hayes working a horse 9/16/2017 High Horses

The Therapeutic Riding Clinic held on September 15 & 16, 2017 was a rewarding success. Hosted by High Horses Therapeutic Riding Program (HH's) at their new location in Sharon, VT and instructed by Judy Cross- Strehlke (Judy), the integrated format was well received by all and allowed for PATH instructors to earn Continuing Ed Credits to maintain their certifications.

Both days were structured in the same manner with the morning sessions comprised of two different challenges and the afternoon sessions focused on the clinic participants.

Friday's agenda started off with our speaker on Parkinson's Disease, immediately followed by the unmounted and mounted lesson with our challenged rider who was instructed by Judy. Our 2nd speaker presented on Stroke, which was then followed by our challenged rider, riding under Judy's instruction.

Saturday's agenda began with the topic of Fear & Awareness in which both the lecture and mounted lesson with our challenged rider were presented and instructed by Judy. Our 2nd speaker of the morning presented on Autism, which was followed by Judy instructing a HH's volunteer to simulate a lesson for a challenged rider on the Autism spectrum.

Both Friday and Saturday afternoon sessions were instructed by Judy and geared toward the Clinic participants. The first half of the afternoon, in preparation to ride, Judy taught us ground exercises to help bring us to a warmed up and relaxed state of body and mind. This was then followed up by our mounted lessons, in which Judy instructed each of us as we took turns riding and leading HH's Therapeutic Riding horses.

Along with High Horses Therapeutic Riding Program, this Clinic was made possible due to the generous donations and contributions from many friends and local businesses---from financial support, to advertising & computer support, to great food!

From our Clinic instructor, to our speakers, our Clinic participants, auditors, volunteers, High Horses Staff and Volunteers and Therapeutic Horses---- a huge "Thank You" goes out to all for taking part in making this two-day event a most constructive, informative, and fun learning experience!

Deep gratitude to Ann Marie Savino for helping to bring this all together!

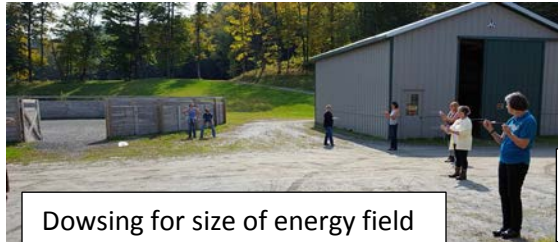


Judy Cross-Strehlke clinic 9, 15  
& 16 2017 alignment &  
breathing.



Vermont/New Hampshire PATH State Meeting was held on September 17<sup>th</sup> at High Horses. Eleven attendants enjoyed learning about Grounding your core self: The physical, mental and emotional aspects of riding and loving horses presented by Joyce Kramer as well as learning how to use dowsing rods to tune into our equine partners to help generate grounding and healing and using questions to seek answers for added assistance that might be needed from essential oils. This portion was led by Kat Barrel from Call of the Wild Energy Therapy. So much great information and discussion to add to our lessons going forward to help our riders and

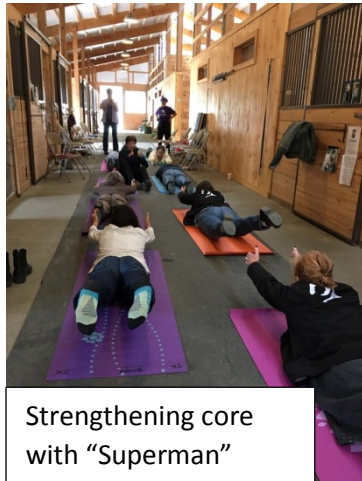
ourselves as well as our all-important coworkers the horses.



Dowsing for size of energy field



Heart breathing/getting in touch with the Vagus nerve



Strengthening core with "Superman"



Checking in with equine coworker for energy therapy & essential oil

High Horses was also fortunate enough to have author Sharon Wilsie of Horse Speak: An Equine-Human Translation Guide: Conversations with Horses in Their Language come to the facility to film her new DVD on Horse Speak. The DVD will feature a few of High Horses therapy horses. Stay tuned for more information.

**November 18 & 19<sup>th</sup> 2017 High Horses will be hosting Wendy Murdoch. 9:00-4:00 each day. All disciplines are welcome** \$350.00 for the weekend. \$50.00 per day to audit. Wendy offers so much information on horse & human body mechanics and how to improve our bodies function in the saddle for a more harmonious ride. Wendy Murdoch is an internationally recognized equestrian instructor and clinician for over 30 years, author of several books and DVDs, and creator of Ride Like A Natural® and the SURE FOOT® Equine Stability Program. She is one of the most skillful teachers ever encountered in any equestrian discipline. Wendy's desire to understand the function of both horse and human, curiosity and love of teaching capitalizes on the most current learning theories in order show riders how to exceed their own expectations. Rain or shine – we have a lovely indoor arena.

Wendy studied extensively with Sally Swift, Linda Tellington- Jones, Dr. Joyce Harmon, Jon Zahourek (Anatomy in Clay) and Dr. Hillary Clayton and is also a certified Feldenkrais Practitioner. Wendy writes articles for a wide variety of magazines and is a regular contributor to Eclectic Horseman Magazine. She is author of Simplify Your Riding and the Ride Like a Natural Part 1 – 3 DVD series, 50 Five-Minute Fixes to Improve Your Riding and 40 Five-Minute Jumping Fixes to Improve Your Riding. **There are a few rider spots left if you have interest please contact Sue Miller at [program@highhorses.org](mailto:program@highhorses.org) ASAP to hold a spot.**

