Equine Acupressure & Photonic Acupoint Therapy

2 DAY TRAINING PROGRAM

Background:
Photonic Acupoint Therapy uses a patented ‘red light’ torch invented by Dr Brian McLaren, to activate acupoints that immediately stimulate the body’s healing potential. This program is designed to give an overview of Traditional Chinese Medicine (TCM) that will demystify conceptual theories and integrate a scientific approach.

Benefits:
This program is directed at those who want to take responsibility for the health of themselves, their families and their animals. We will introduce you to a new level of understanding sickness and health, and train you in the safe and practical application of this amazing health and wellbeing therapy. Course participants will learn the basic practical skills of acupoint therapy using either fingers or the ‘red light’ torch. All other acupoint stimulation methods will be discussed, demonstrated and compared to the Photonic Acupoint Therapy approach.

Presented by:

Dianne Jenkins  
Equine Acupressure Practitioner, Level 2 Photonic Therapist, and International Equine Bodyworker

Samuel Brentnall  
Teacher, Counsellor, Somatic Reflexologist and Tai-Chi Instructor

Outline:

- Understanding the concepts of Traditional Chinese Medicine (TCM)
- Understanding ‘Chi’ - What is it?
- The Basics of the Meridian System - What are they?
- The proven scientific explanation of Acupuncture - How does it work?
- The proven scientific explanation of Photonic Acupoint Therapy - Why is it the best?
- Demonstrations of stimulation - needles, laser, fingers & ‘red light’ torch
- Human Essential Points
- Horse Essential Points
- Horse Emergency Points
- Horse Treatment Plans
- Formulating Treatment Plans
- Stand alone treatments or blend with other bodywork
- Dr McLaren's Horse Diagnostic System
Prerequisites:

- Familiarity with and confidence around horses
- Knowledge of Equine Anatomy an advantage
- No experience in TCM, acupressure or photonic therapy required
- Please note that it is not essential to own a photonic torch to attend

Recommended Reading:

- ‘Veterinary Acupuncture Ancient Art to Modern Medicine’ - Allen Schoen

Date & Venue:

See current registration form

Cost:

$350.00 (Deposit of $100 required - balance by closing date)

On registration:

You will receive laminated essential point charts in the mail to study prior to the Training Program.

Further Reading and Materials for this program:

- McLaren Photonic Therapy Kits
- Book: ‘Acucat’ and ‘The Well Connected Dog’ by Nancy Zidonis
- Laminated Equine, Canine and Feline Meridian Charts - Tallgrass Publishers

Contacts:

Ph: Office: 0421 152 542
Email: admin@diannejenkins.com.au
Web: www.diannejenkins.com.au
Based on Traditional Chinese Medicine with a scientific approach to acupuncture. Treat animals with your fingers or non-invasive red light.

DATE:         Saturday 24th & Sunday 25th May 2008
VENUE:        to be advised
COST:          2 Day Workshop: $350.00. $100 deposit required on date of Registration.
TIMES:        8.30am – 5.00pm
CLOSING DATE: Friday 16th May

REGISTRATION FORM

Name: ________________________________
Address: ________________________________
Contacts: M._________________ H._________________ W._________________
Email: ________________________________

☐ I own a Photonic Therapy Kit
☐ I wish to bring my own horse
☐ I need a horse provided
☐ I have some experience in Acupressure
☐ I have no experience

☐ I have enclosed/transferred/posted deposit of $__________ to secure my position in above workshop. Please note: deposits must be received to process this registration.

Bank Transfer to:
Account Name: Dianne Jenkins Equine Services
St George Bank
BSB 112 879          ACC # 4829 02946

Or Post deposit to:
P.O. Box 6104, Conder. ACT  2906
Equine Photonic Acupoint Therapy
Part 2

This 2 day program is for people who have completed Part 1 and are actively treating their horses.

Presented by:


Samuel Brentnall  Photonic Therapist, Tai-Chi Instructor, Teacher, Somatic Reflexologist & Counsellor.

More than 50 years of combined experience in Horse & Human Health & Fitness.

Outline:

- The Meridian System - View a ‘first’, a life sized model of a horse marked with all the meridians and points in colour for you to learn from.
- The Meridian System - Learn to find the meridians and link the points.
- The Meridian System - Study individual meridians, indicators, functions & main points.
- Point groupings - master, influential, xi-cleft/accumulation, tings & association points.
- Treatment Plans - How to make it all work.
- Tried and true treatment plans for conditions & disease.
- Science VS Traditional Chinese Medicine
- More on how the red light works on the body via the brain.

Prerequisites:

- Please note that it is essential to own a photonic torch to attend. (may be any type but not laser)
- Completion of Integrating Equine Acupressure & Photonic Acupoint Therapy Part 1. Bring along your text notes.
- The fundamentals of Part 1 will be briefly reviewed, but participants need to have consolidated the 13 essential points, their location & functions, have a basic understanding of how red light works, be able to find the emergency treatment points (colic, stop bleeding & virus) and to demonstrate a number of the McLaren diagnostic method tests to ‘read’ a horse.
- Bring and have studied a book on Equine Anatomy needed to locate points.
  Suggestsions: Horse Anatomy by Peter Goody
  Horse Anatomy A colouring Atlas by Kainer & McCracken
  Colour atlas of Veterinary anatomy the Horse Vol 2 by Ashdowne & Done.
Recommended Reading:

‘Veterinary Acupuncture Ancient Art to Modern Medicine’ - Allen Schoen

Date & Venue: See current registration form
               Accommodation list & Location map available.

Cost: $350.00 (Deposit of $100 required - balance by closing date)

Available from this office:

- McLaren Photonic Therapy Kits
- Laminated Equine Meridian Charts - Tallgrass Publishers

Contacts: Ph: Office: 0421 152 542 or Debbie Morrissey-Course Convenor 0402 943 7623

Email: Education@diannejenkins.com.au

Web: www.diannejenkins.com.au
Photonic Acupoint Therapy
Level 2

Based on Traditional Chinese Medicine with a scientific approach to acupuncture. Treat animals with your fingers or non-invasive red light.

DATE: Monday 26th & Tuesday 27th May 2008
VENUE: To be advised
COST: 2 Day Workshop: $350.00. $100 deposit required on date of Registration.
TIMES: 8.30am – 5.00pm
CLOSING DATE: Friday 16th May

REGISTRATION FORM

Name: _____________________________________________________________
Address: _____________________________________________________________
Contacts: M._________________   H._________________   W._________________
Email: ________________________________________

☐ I own a Photonic Therapy Kit
☐ I wish to bring my own horse
☐ I need a horse provided
☐ I have some experience in Acupressure
☐ I have no experience

☐ I have enclosed/ transferred/ posted deposit of $__________ to secure my position in above workshop.

Please note: deposits must be received to process this registration.

Bank Transfer to:
Account Name: Dianne Jenkins Equine Services
St George Bank
BSB 112 879          ACC # 4829 02946
Or Post deposit to:
P.O. Box 6104, Conder. ACT  2906
If you are in the enviable situation where you are able to take a trail ride on your horse in a forest, or in the bush - across mountains with views to the end of the world, along tracks that bear the imprints of wild animals, to stop and drink from the clean waters of an alpine stream or flowing river - count yourself lucky! And enjoy every moment, because this can be your Bliss!

Or not. A good trail horse is a treasure. A jumpy, easily startled, nervous horse on the trail can be a nightmare! It is no fun to be riding along worried that your horse is going to spook at every little thing - or worse, is going to bolt if you get into a canter!

FREEDOM AND HARMONY
A trail ride can represent wonderful freedom and joy for horse and rider. No more boring arenas, no fences, no traffic sounds, no trappings of civilisation to distract you from the beauty of your environment and the soothing sound of your horse’s hooves thudding softly on nature’s carpet. Ideally, you and your horse are in perfect harmony with each other; you ride balanced and relaxed; your horse carries him or herself balanced and relaxed, there are no arguments, only gentle conversations. When your horse walks, it is a mutual agreed thing. When your horse trots it is a partnership in motion, and when your horse canters or gallops, it is like a smooth, flowing burst of energy, devoid of fear, yet thrilling as you feel your horse’s power and speed. It is when trust, confidence and respect all come together, and all the preparation you have done over weeks or months have paid off - THIS is what it’s all about!
THE ULTIMATE!
Being able to ride your horse in a relaxed, safe, harmonious way is what everyone wants - no matter what the environment, and but for many riders, being out on the trail is the ultimate.

RIDING CHALLENGES
The most common challenges that people write to me about are challenges on the ground - usually with pushy horses that show little or no respect. When it comes to riding challenges, the number one challenge is the horse that wants to go faster than his rider wants to go. Number two challenge is a directional one: horse’s bottom goes up, head goes up (or down) and horse wants to go somewhere other than the rider wants to go. Number three challenge is the unmotivated horse - the one that won’t go (usually from trot to canter).

Riding challenge no. 1 and 2 are potentially dangerous ones, and the people who write to me with these challenges are usually at the point of being fearful and are losing confidence. Challenge no. 3 usually involves something more than what people label as laziness. In more cases than not, I find that there is a physical problem present. This can range from a saddle that pinches, bounces, or hurts - to a hoof problem or a back problem or sore muscles. Especially in the horse that suddenly doesn’t want to go, have a professional equine chiropractor check them out.

THE WERP
The trail can actually be as good a teaching/learning area as your arena or other enclosed area. When I feel a horse understands the communication basics, and will stop on my breath in an arena or small paddock, I will take a WERP (Walk, Eat, Ride, Play) along the trail. Mixing up the activities. Thing to remember is that circles slow an impulsive horse down, and straight lines speed ‘em up. So if you have a very forward going horse, don’t be in too much of a hurry to put them on the trail. On the other hand, horses that need to be urged forward in the arena do well on the trail, with ‘somewhere to go!’

ABOVE FROM TOP:
Kelly and Esteban enjoy a frolic in the Howqua River; Jayne and Zorro go for the hill!; Oasis and Tara bushwalking.
TEACH AND LEARN ON THE TRAIL
While riding along, practice your direct/indirect rein, play focus games using nature’s playground, do lots of sideways and backing up, and in a safe spot, do some canter departs from the halt, go only a few metres, and then down to the backup! This really gets your horse listening to you! (Don’t try this unless you’ve prepared your horse emotionally, mentally and physically first). This exercise really tests your ability to use your focus and energy - and no kicking or pulling please! -this is a squeeze/energy up and relax/energy down exercise!!

WAS IT GOOD FOR YOU TOO?
I love the trail, I love WERPs and I love that my horses love it too! This is truly when you come home and say to your horse, “Was it as great for you as it was for me?” and you know the answer is Yes! Okay, you don’t have access to the bush, and these pictures look like paradise! - (This was home to Jayne and her horses for over 10 years) so what can you do? If you have a float, then plan some outings. If you don’t have a float, then Rent one. (Make sure you go to a reputable person who looks after their float and inspect it for safety. If your horse is unsure of the float, then teach them it’s okay. Your job is to make sure the float is safe and comfortable for them first.) Map out your destination, get a friend and load up your two riding buddies and head off for a few hours riding in nature’s playground! Pack your saddlebags with lunch, and enjoy!

PREPARE, PREPARE, PREPARE!
The trail is a great teacher (just make sure you are ready for it!) and will do wonders for your psyche (and your horse’s).
If you don’t feel ready, then start by preparing your horse first in enclosed, safe surroundings - first with your ground exercises, then with your relaxed riding skills. The Horsemanship with Heart training DVDs are perfect for this, and will prepare both you and your horse for safe, joyful, trail riding!

Visit www.wranglerjayne.com.au to order, and to
REGISTER FOR MY FREE NEWSLETTER!
Wrangler Jayne.
‘The Essentials Series’ $79 each
Ground Skills for Success, Safety and Softness ! 2 disc sets
Part 1 “Touching your Horse with your Heart” $79 (2 hours)
Part 2 “Communicating with your Heart” $79 (2 hours)
Part 3 “Heart Moves” $79 (2 hours)
The 3 part set SPECIAL $199 (SAVE $38)

TO ORDER

I’ve been waiting for DVDs like this for a long time! As a student of natural horsemanship for months now, it wasn’t until I saw Jayne’s DVDs and applied everything that Jayne shows, that I got real results. I finally understand exactly HOW to do things, and importantly, WHY.

Thanks a million, Jayne, for filling in the blanks and making my natural horsemanship journey so much EASIER!” Robbie, Townsville, Qld, Australia.

NEW!
If you’ve ever dreamed of riding your horse using the power of your focus, the strength of your breathing, and the magic of your body language, this 3-disc DVD set is for you! Order Now!

$79
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One Day Workshops 2008

- May 18
- June 22
- July 27
- September 7
- October 26

Workshops include: Safety, uses of tools, body positions under the horse, removing shoes, reducing various parts of the hoof, balancing the hoof and rasping and dressing the hoof.

We are situated on the Noosa Trail Network, camp for the weekend, have a great ride and learn more about your horse. Only $125 per person, includes workbook and DVD.

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- Horse Handling
- Basic Forge work, Hot Shoeing
- Foot Balancing/Trimming
- Business Skills

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Our Academy is located in the mountains, on the outskirts of Kin Kin, on the Noosa Trail Network in the beautiful Sunshine Coast Hinterland.

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www.smartfarrier.com
Omar: A Show Career Cut Short

Anyone who works with horses will often, as they notice the horse changing in appearance and demeanour, wish that they had taken photos to record the developments as they happen. Personally speaking, the occasions when I’ve made the effort and found time to do so have usually been when the horse has displayed very little or very general outward change. It’s another version of that law which decrees that the most remarkable moments always happen when nobody is around to witness them! And yes despite this, it has finally happened – I’ve managed to record a change that is quite remarkable.

Meet Omar, a 7-year-old thoroughbred. He has never raced, having been bred for showing. Yet that career never came to fruition, for at the age of 5 years, Omar suffered a bad injury to his off fore when he caught it in a wire fence and almost sliced off the hoof. After two weeks in plaster, he was left with a lasting injury to his pastern and a hoof that was growing progressively more misshapen. At this point, Omar was gifted to his current owner Kathy. Interested in doing natural horsemanship with him, Kathy rode him just twice before he suffered a further paddock injury, getting both hind legs trapped and cut in another fence.

So, this is the sorry sight that walked off the float when I worked on a group of horses near Casino. Omar walked so awkwardly and stiffly that it was virtually impossible to identify which leg was giving him most trouble. Already compensating for the first injury to his foreleg, the second injury to both hinds had left him with nowhere to go. Poor Omar could only do his best to get around.

In the first two pictures, we can see that he has adopted what could be called a ‘pain minimisation’ stance. He remains locked in this long after the injuries have healed (‘cellular memory’ – the body remembers the injury and compensates for it even after recovery). He is leaning forward to take the weight off his hinds, while stretching his head forward and down to ease the weight on his forelegs. Only his undamaged near fore is in anything like a comfortable weight bearing position – and the near shoulder shows tension due to the extra strain this quarter is taking. (By the way, the marks on his face are cream, applied to ease itchy spots.)

The next two pictures show Omar just after that first session of the Equine Touch. Immediately obvious is the postural change: he has brought the hind feet forward under himself more and his hindquarters look altogether more relaxed. The weight bearing is more evenly distributed, although he is not there yet. He has lifted his head and his demeanour has improved generally.

One month later, I visited to give Omar a second session. I had the rather strange experience of driving up to the property and seeing a rich chestnut horse in the paddock
alongside the track. I wondered briefly if Kathy had taken on another horse yet upon asking her, was swiftly told what my eyes could not take in: this was Omar.

These pictures were taken before his second session. In the picture of Omar's near side, we can now see the breeding of a horse whose sire was an extremely successful hack. He looks far more comfortable through the body and softer through the neck. He has even developed some top line, all on his own, despite not having worked. With his ears forward, he looks like a relaxed and contented horse. The picture of his offside shows a slightly different story: there is still tension evident in the right hindquarter and he has returned the off hind to its former position, behind full weight-bearing.

Omar’s condition has improved overall. He has had a very small change to his feeding regime, with the addition of a mug of pony nuts per day, but this is not enough to account for such improvement. Relaxed muscles have a rounder profile, but it is not just that either. With a huge amount of tension and strain released through the Equine Touch, his body can move with greater ease. Previously, it had been working against itself, as one injury compensation pattern starting in the forequarters jammed into another originating in the hindquarters.

The most remarkable change, however, is in Omar's colour. Kathy had emailed me within a week of the first session to say that he had become darker, but nothing had prepared me for the extent of this change. Improved circulation, detoxification and delivery of nutrients throughout the body had seen Omar's previous washed-out pale chestnut coat become deep and shining – the right word would be 'burnished'.

(Incidentally, the photos were taken with the same camera and settings in similar weather conditions. Picture 4 shows a change in light when the sun came out – note that Kathy’s sunnies are now on! Otherwise, there is little difference.)

There is still work to be done with Omar, as it will take a couple more sessions for the benefits to truly hold. Indeed, this horse is always going to need regular bodywork, along with remedial trimming of his imbalanced feet, in order to live comfortably and do light work. Fortunately, owner Kathy is quite happy to see that he gets exactly that.

Jane Clothier is an Equine Touch instructor and practitioner based on the Mid North Coast of NSW. Having emigrated from the UK in 2007, she is now running courses in the Equine Touch throughout NSW and practicing in the Coffs Harbour area. More case studies involving horses she has met since her arrival (and since the easing of the lockdown) will follow in future issues.

Jane can be contacted on
Ph: (02) 6658 6086 / 0447 672 523.
email: jane@equinetouchnsw.com

Full details of Equine Touch courses can be found on the Australian Equine Touch website: www.theequinetouchaustralia.com/schedules
Creating healthy biomechanics and stronger partnerships through combining natural horsemanship principles with the art of dressage...

Welcome back to the Temenos...

Temenos is an ancient Greek word. It refers to a sacred space that has no limits, where special rules apply and extra-ordinary events are free to occur.

This Month:

- Celebration at Temenos Fields as the book and DVD reach student’s hands! Read reviews for the book/DVD and other products.

- Question from the Natural Dressage Forum, Answer from Karen

- Insights from students

- Ancora Imparo (means: “I am still learning”): Reality is not always what you think it is, but what you think... it is.

Karen celebrating the physical manifestation of the book/DVD

Upcoming Clinics:
April 25-27 North Carolina
Contact: ncparelliclinics@bellsouth.net
Only a couple rider spots left! Auditors welcome and encouraged!

May 9–11
Lindstrom, MN
contact: Sally Taylor at: njrassistant@pnhsavvy.com

Clinic schedule: CLICK HERE

May 17–19 (+ evening 16th)
Ontario
contact: Randee Halladay: donran@telusplanet.net
DEAR KAREN,

I just received my copy of the book and DVD a couple of days ago, and have had to force myself to put it down, to do my work!!!!!!! Watched the first few chapters of the DVD the first night until I really couldn't stay awake anymore (due only to the hour).....THANK YOU and CONGRATULATIONS on a beautiful job. It's so interesting and inspiring to see how you have combined the two systems and added your own interpretation, coined your own descriptions and terminology, and organized another worthwhile perspective on the common sense of everything we do with our horses!!! I am not a competitor (Once dabbled in eventing when I was young, brave and ,now I realize, uneducated in so many ways), but, 30+ years later, I am a physical therapist, offer hippo-therapy to my pediatric clients, have believed in the principles and gymnastic system of dressage training for a long time, have lost much of my confidence over the past few years, discovered Parelli and love it, but hate the "conflict" about dressage. For me and my current pony, you are an answer that puts it all together. Best wishes to you in your endeavors, and thank you for choosing to share and teach what you have discovered.

Very sincerely, ~Linda M.

Hi Karen,

I just received my book! Oh my gosh! This is what I have been searching for, a middle, from Natural to Dressage. Perfect timing for me and my horse.

Thanks, ~Stephanie F.

...I love the spiral notebook feel! That will make it so much easier to read....I bought her breeches as a recovery present to myself. I have to say, they are extremely comfortable and I like the way that they look.

So special thanks to KR for sharing such a wonderful product. And they fit so very nicely!!!! I love them!" ~Sonya

“I have used my new riding pants twice and love them! And my husband thinks they look great too.” Sincerely, ~Jackie S.

“I got your book and DVD and had to tell you it was worth the wait x 100! ... I have been readin’ and studyin’ non stop! Thank you, thank you, thank you! It’s incredible!” ~Laurie D.

Karen -- “Joy Joy Joy! The book and DVD bring a smile to me - so much is the path that I had been started on” ... “and what I had lost a bit of confidence in as my closest friends were doing different and experts seemed to suggest a different path” ... “Your approach, your inspirational mix of narrative, demonstration and instruction is SUPER! THANK YOU!” ~Susan L.

The clinic I attended with Karen was by far the most constructive teaching experience I have ever had, along with being the most fun. I just received Karen’s book and DVD and it is the perfect compliment to her clinics. I tend to drift back and forth between dressage and natural horsemanship so having something at home by Karen Rohlf is an excellent way to plug into the idea that I really can have both! The theory section is easily applicable so it resonates well in both the analytical part of my brain as well as the part that enables feel.

The typical training pyramid sounds really good, but ignores the learning process so if you are a novice rider and your horse is spooking at the corner, it doesn’t offer much help.

Karen addresses the academic side in a way that can be applied to any level rider and any situation. The exercises are laid out in a way that I can read and study and really get a solid feel for when, why, and how to do each maneuver, but if I want to quick scan through for some ideas before heading to the barn I can do so easily. Karen wastes no time teaching the same old things that can be found in 500 other texts. This is new information- excellent information. Wether it is the simple or more advanced segments it is truly ideas that you are not going to find anywhere else, yet the principles follow so closely to the principles that have been taught for decades by dressage masters and natural horseman around the world. I won’t spend money if I don’t think I am getting much bang for the buck, but I ordered Karen’s book the moment it came on the market, and I am certainly not disappointed!” ~Danee R.

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Karen -- “Joy Joy Joy! The book and DVD bring a smile to me - so much is the path that I had been started on” ... “and what I had lost a bit of confidence in as my closest friends were doing different and experts seemed to suggest a different path” ... “Your approach, your inspirational mix of narrative, demonstration and instruction is SUPER! THANK YOU!” ~Susan L.

I just wanted you to know how much I love my Book/dvd. It is fantastic! It is obvious that Karen is an artist in everything she does. She loves the horse for where its at and not what she can make it. I am in total awe and feel like this is what I have waited my whole life to learn. Thank you so much! ~Jody B.

To order your copy: CLICK HERE

This instructional book is 184 pages, with 59 exercises, 53 figures/illustrations, 3 hrs of DVD!

Karen -- “Joy Joy Joy! The book and DVD bring a smile to me - so much is the path that I had been started on” ... “and what I had lost a bit of confidence in as my closest friends were doing different and experts seemed to suggest a different path” ... “Your approach, your inspirational mix of narrative, demonstration and instruction is SUPER! THANK YOU!” ~Susan L.

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6 DAY Clinic at Temenos Fields

On April 6-11 we had our first 6 day clinic for Dressage Naturally held at Temenos Fields.

After one day of dodging the rain, we had beautiful, clear and cool weather.

I must admit, I wasn’t sure I was up for the challenge of hosting that many days at my own place, (I am not known for my exceptional hostessing skills), but my amazing team of K2, Tiffany Mitchell and Claire Devisse made it easy... (and the commute for me was great!).

It was a mix of simulation, demonstration, group, semi private lessons, theory, thought provoking homework questions, and a good old fashioned weenie roast complete with s’mores!

Good news is I had so much fun with this group, I think I will do this again next year! Currently these clinics will be small groups of hand-picked students who I feel are at an appropriate stage in their development to benefit from what I have to offer, and that have stellar attitudes... in the future I may be able to offer more at Temenos Fields, but right now I am easing myself into this gently.

These students were happy to share some of their insights with you for the newsletter!

We also had a special visit from Photographer Dana Rasmussen of Photon Studio in Gainesville. Click on the links below to view the slideshow, or visit his website.

SLIDE SHOW PHOTON STUDIO
(turn your volume up!)

(Photo: Dana Rasmussen)

Following is some feedback from the clinic:

from Claudia Milton’s horse, DuelN:
From a horse’s point of view: We get off the trailer to this new and exciting place. The reason I know it is exciting is because my owner can not stop talking about how much fun we are going to have over the next 6 days. She has been brushing me and riding me all for this moment, boy am I glad we are finally here.

Of course I show up with the other love of my life, my mare, so this just might be the greatest 6 days after all.

Day 1- Well it is raining, not just a little bit, but a whole lot and I see all these crazy people getting ready to get on their partners and go out in the rain... wait a minuet my partner is doing the same thing and boy am I going to be crazy in the rain, but what do I see leading the group but an elegant female standing out there with us trying to tell my human partner just relax and have fun.. Fun! Does she know we are all wet? I know now who Karen Rohlf is, a crazy lady and we have six days.

Day 2- We start again with this elegant human female and all the human partners are paying real close attention too. Well I took the time to talk to her partner Monty and he said for us to work together and listen up she will make you flow, flexible and mobile, so I figure at my age it could not hurt to listen.

Day 3- Monty was right we are really starting to move and I hear her keep saying "Do it until he is soft and then let him go," Focus and you got it and I hear all these people cheering each other on, boy this is a great place to come and play. After talking and watching all my other 4 legged friends I see all of them saying and feeling the same way. We have all learned our foundation and have started to quickly excel in our movements. Plus, my human partner is allowing me to play with her at liberty and do all the stuff I want to do by freely taking the jumps and
all these other fun obstacles and then coming in and playing with my human. This has been a great day I can not wait to see what else we will be doing.

Day 4- We started off with watching that show off Monty play with his human and you know what I like the look of them together and the love they share. I can't wait until it's our turn. This is a dream come true, by the way the weather after the 1st day has been great.

Day 5- All of us got to play together, the 4 legers and the humans. We got to show off some of those new terms we used and you know it is making me feel more flexible and mobile. I do love and believe in my human partner, she is allowing my confidence to grow. I will be telling all my other 4 legers how lucky I really am that I have her to play with.

Day 6- We all got to show and tell what will have learned together. I know we have come a long way in a few short days; I feel calm, athletic and balanced. This is going to be a great time to show everyone how much my human has learned and how well focused we worked as a team.

From Sandy Filippi and Allegra:
Hi Karen,
The most important things I learned this week:
Begin and end in relaxation. I am so goal oriented that I forget that piece in the effort to produce the movement, so what I get is coupled with tension. I get something like the movement I want but without the relaxation the whole point is missed. Add to that my next light bulb moment: Never leave a heavy aid hanging. I would be content with the result- the movement-forgetting that it took a phase 4 aid to get it. Those two not so little things have made a huge impact on my riding and my results, which now include a much happier, relaxed horse.

From K2 and Sage:
The 6 day clinic at Temenos Fields with Karen was incredible.....my 'natural horsemanship foundation' increases every time I ride with Karen....and as my foundation increases, the better my "love, leadership, communication and lightness" become and the more rapport my horse and I develop....

From Lisa Howell and Dylan:
Here are some quotes that I think are very powerful from the clinic.

Use Consistency to build up Anticipation.

If they don't happily offer it, DON'T maintain it.

Don't ride the "Sort of, Kind of" ride. "I sort of asked", "He kind of responded".

From Caralee Gould and Lilly:
You know sometimes when you are excited about a trip and it falls a little short, my trip was better than expected. We brought home a lot to strive for. Right now what sticks out most in my mind are two things you said on the last day. The first, "ride in harmony with her". When you said that, I couldn't figure out what you meant and what I wasn't doing right. It has finally begun to settle into my brain and heart. The second was you can find the sweet spot in everything you do. I'm sure going to try.

Thanks again, I had a really great time at Temenos Fields.

From Sandy Usher and Arsenal:
...During the clinic, Karen, again, nudged me forward with a simple question and a large shining smile. The only instructor I have had who waits with glee for the errant answer of 'No'.

(I think she is referring to when I tempt students to ask themselves if their horse really understood what they were asking! ;-)

Thanks all...it was great fun and you all made a lot of progress! You made me proud! ~Karen
Another interesting question from the Natural Dressage Forum...

Q: Effective seat position?
As we now know there are several different seat positions from a classical dressage seat, to a half seat or light seat (common in jumping disciplines), 2 point, the balance point and the dreaded chair seat.

Can you describe, from your experience, what seat provides the best balance for flatwork that is both comfortable for the horse and rider, effective and yet still attractive (for those with competitive aspirations). Is it possible to achieve all of these goals with one seat or, for example, must comfort be sacrificed for 'pretty'?

Thanks again Karen, we really appreciate you answering our questions!!
~Members of the Natural Dressage Forum

A :
Great question, as usual. First of all, there is not one ‘correct seat’, just different seats appropriate for different situations. Think of a seat appropriate for riding a thoroughbred race horse, a seat for doing a slide stop and a seat for being able to go from an extended trot to piaffe in 2 strides. These are not the same seats. Can you picture a jockey racing in a classical dressage seat, or jumping a 5 foot fence from the position you do a slide stop in? Or doing a piaffe in 2-point? Each seat is totally correct... or totally wrong... depending on when you are using it!

What they all have in common is that they are a position of perfect human balance in relationship to the horse’s balance. The jockey is in balance... on the galloping race horse, but would likely go flying off the front of the horse if it did a slide stop!

So the question becomes not ‘what is the correct seat?’ but instead: ‘What will you be doing?’ Then find the place of human balance on top of that movement, and do it well! Any of the above positions, if they are not in balance, will be a hinderance to the horse.

In my book, on pages 82-89 I talk about characteristics of the athletic balance for a seat that will serve you through the basics of dressage, and some exercises to help you find it. This can be fine tuned and developed to serve you through the highest levels. But the range of seats I may use on a regular basis are: the stretching posture: I exaggerate the softening of my lower back to help the horse do the same as he stretches. 2-point: I do this if I am out for a hand gallop and want to get out of the horse’s way and stay with his forward center of gravity (horse’s natural center of gravity is basically between his shoulder blades). ‘Balance point’ seat if I am doing a passenger lesson (especially if I am bareback) to keep from gripping which will make it harder for me to be loose enough to stay with my horse. And of course, the seat for riding a horse engaged and with a round back.

I save my finished collected posture for when I am riding that. I definitely have a ... ‘softer’ posture (for lack of a better word) on the young horses who are not able to collect and engage yet. I am balanced on them, for sure, but not in my same position as I am on the advanced horse when I am schooling collected transitions. I want that posture to be meaningful.

I do my best to mirror and be the embodiment of the best version of what my horse is capable of. For example, until my horse can sit and carry himself, I don’t make him carry me sitting heavy on him. There are plenty of horses that I find difficult to sit before they are balanced and have learned to carry their backs up under my weight... and I would rather do an excellent posting trot, or ‘half seat’ than struggle through a difficult attempt at a classical sitting dressage seat in this moment. I do make sure I am balanced, athletic and moving with them, no matter what.

The ultimate seat for dressage has a supple lower back, engaged abdominal muscles, open hips, a long leg that hangs under the center of the rider, allowing the hips to swing with the horse, an upper body that has the ability to balance dynamically over the pelvis, and a shoulder joint that allows the body to move, while keeping the hands floating still relative to the horse’s mouth.

This is the place where the horse has the best possibility to engage, round their back and to feel like the human stays in the middle, so he can move equally to lengthen, shorten move sideways, etc as well as swing his gaits freely.

The key is to have the athletic dynamic, and not the static picture of it. The ‘photo’ doesn’t matter if the ‘video’ doesn’t look good! In other words: ‘pretty is as pretty does’!

Achieving this athletic position is a result of athletic freedom, range of motion and consistent discipline. Balance is the key. When you are riding, ask yourself: ‘If my horse disappeared right now, would I land on my butt, nose or feet?’ You want to always be able to land on your feet.

Balance will always look, feel and function beautifully! I hope this answers your question!!!

~Karen
Cyber ghosts and unreal realities.

At 12 midnight on April 1st, the special pre-order opportunity for the book/DVD was over... or so I thought. First I disabled the page, took it off line. But it still showed up if I tested it. I tried it again, checked on my other computer... still, it loaded right up when I clicked on the link. So, of course, doubting my computer savvy, I thought I would just go ahead and delete the page; a shame, I thought, remembering how long it took me to create it... such an investment of energy shouldn’t just be thrown away... I may want to use that page again as a template. It had served me well.

I selected the page, then clicked the little minus sign that makes the page disappear. “Are you sure?” the program asked... as if it could sense my regret, “continuing will permanently delete this page”. “I know I know!” I said, thinking all the while that I really didn’t want it to die, just to go to the ‘junk drawer’ to hang out for a while with all the other very important things I have not thrown out because I can’t let them go. I hit delete, I watched it disappear. Sad, but pleased at my ability to problem solve with my computer, I went to sleep and dreamed of breathing underwater and flying on the back of a bird.

The next morning there were a few orders from the pre-release order page! An Australian Dressage Naturally student wrote me she was happy to have gotten in ‘just under the wire’... But there was no page to order from!! How could this be?!

I clicked on the link, and sure enough...it loaded right up. I couldn’t try to change the settings because the page was gone from my website... It was a renegade web page, running wild in the world, imposing on and interfering with my current reality! Then I thought... computers are a lot like our brains. I wondered how many views of the world, perspectives, I had, useless ways of thinking...

that I perhaps have let escape my consciousness and were now running wild, interfering with my current desired reality? That web page had a purpose, and it was staying alive somehow... was it the energy people were sending it? Was every click on the link to it acting like a defibrillator, shocking it back to life?

Does every time I tell the story of how difficult my horse is or every time I tell myself how ‘not good’ at something I am... am I giving life blood to a proverbial web page in the not-so-cyber-space of my brain?

I decided to really let it go... I went onto the merchant account and deleted the ‘BUY ME’ button. I cut it’s heart out. And with no heart, the page soon truly left this world. It knew its time had passed... with no purpose, no attention directed to it... it could not survive and only then did it stop loading.

Perhaps it is the same with those ‘web pages’ in my mind. If I decide they have no purpose, and eliminate my ability to ‘buy into’ them, I can move to the next level, and then the flying won’t have to happen just while I am asleep. ~Karen

“Reality leaves a lot to the imagination” ~John Lennon

("Ancora imparo" is what Michelangelo is quoted to have said after completing the Sistine Chapel. It translates: “I am still learning")
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- Using signals of rhythmic pressure to ask your pony to move his hindquarters
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- Using signals of rhythmic pressure to ask your pony to move his front end
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