



Horse Harmony 1

Duration: 5 days

Age group: 18+

Is it your desire to learn how to achieve a close bonded relationship with any horse you will ever meet, especially your own?

Are you struggling on a daily basis handling your horse(s) and you wish there was an easier, less aggravating and less stressful way?

Would you like to feel empowered so your horse can't wait for you to show up every day?

Let me and my team of horses help with all of the above and much more!

At the same time accelerate your own personal growth journey as an added bonus!

No prior knowledge of horse experience necessary – but welcome!

Humans Horses Harmony

Part of Lake Vyrnwy
Animals & Crafts



Hands On Learning

After gaining the necessary background knowledge in our comprehensive & fun equine behaviour theory & roleplay sessions, you will spend a minimum of 8 hours actively participating in Groundwork sessions with our horses and ponies. They are instrumental in helping you to discover what is necessary to create rapport with them first hand!

This means that you can focus on putting your newly taught theoretical skills into practise with an equine partner that will reward you every time you apply your new skills correctly. This is where the learning really happens!

Our end goal is to impart skills to empower YOU with your horses.

Horses care about being heard, seen and understood – just like we do!

Get this right and you will have their undying devotion to work with you to your own ends – whatever that may be.



What you will take away from this course:

This course will leave you with an empathic and constructive no non-sense approach towards horses. It empowers you with the knowledge horses require you to know to set aside confusion on their part. A new way of communicating for many of us – the bread and butter, a solid foundation to grow your understanding. After all horses are no more proficient in the English language than any other native speaker of a foreign language. This is your starting point of creating your very own special bond with horses.

Who is this course for?

Very valuable for just about anyone.

From happy hackers to competition minded individuals. Professional people working in the horse industry, i.e. grooms, podiatrists, farriers, complementary practitioners, osteopaths, etc

Not to forget people which don't own a horse, but foster a love for them and would like to accelerate their own Personal Growth Journey through Equine Facilitated Learning.

Everyone loves the dream of being one with a horse and understanding each others needs, walking peacefully off into the sunset together!

The co-operation between humans and horses is based on a mutual understanding in the form of communication that can be attained by everyone given the right knowledge and practise.

Get the foundation you need so you can make a start with your very own journey dealing with horses in an understanding and co-operative way.

We offer a highly personalized 1:1 service or a very small group environment for up to 4 people for maximum learning opportunity.



Course Content

Harmony 1

- See life from your horse's point of view
- Have a clear understanding of responsibilities between you and the horse
- Develop your self-awareness and how to use your energy more effectively
- Communicate more clearly with your horse through developing 'feel'
- Understand the impact you have on your surroundings from a new perspective
- Learn how to create a bond with horses
- Be a better leader for your horse
- Understand the importance of maintaining emotional fitness and what that means
- Help improve your own level of confidence and focus
- Know what it takes to feel safe around horses
- Find out how to meet a horse and have a silent conversation about trust and respect in the first few minutes you meet

Please note: This course does NOT include ridden elements.

Course Schedule -

Harmony 1

Day 1:

- 1.00pm - 1.30pm Arrival
- 1.30pm - 2pm Registration/Welcome/Housekeeping/Health & Safety
- 2pm - 4.30pm 1st Theory Session

Day 2:

- 9.30am - 12.00 noon 2nd Theory Session
- 12 noon - 1.45pm Lunch – light lunch provided
- 2 - 4pm First Practical Session

Day 3:

- 9.00am - 11.00am 2nd Practical Session
- 11.15am - 12 noon Reflection time and refreshments
- Free afternoon (Your choice of what to do. Suggested options: visit to Lake Vyrnwy or book our Sheep Love Experience – please note: not incl. in price and weather dependent)

Day 4:

- 9.00am - 11.00am 3rd Practical Session
- 11.15am - 12.00 noon Reflection time and refreshments
- 12 noon - 1.45pm Lunch – light lunch provided
- 2 - 4 pm Demonstration and Question Time (Please note, there is usually not the time to discuss in depth individual horse issues with your own horses during H1, this is dealt with during H2)

Day 5:

- 9.00am - 11.00am 4th Practical Session
- 11.15am - 12.30pm Sharing and refreshments, talking about growth and personal experiences/highlights during the course, what came up for you and how to integrate what you have learnt into your daily life with your own horse or otherwise.
- 12.30pm - Departure

After this course

If you have a horse to practise on at home – do! This will re-enforce what you have learnt and will take you to a point in time where you are confident enough to enrol in Harmony 2. And yes, you will come up against problems with your own horse you have not encountered via our accommodating equine school masters. They are called avoidance patterns and we will learn a lot more about them during H2.

If you are not confident enough about your newfound skills gained during H1, for whatever reason, don't worry! We have a 'H1 repeater option'. Not everyone learns the same way and let's not forget we all start from a different starting point!

During a 'H1 repeater course' we will re-visit our original learning and then go deeper and further into H1 principles. This will be tailored more to your specific strength and weaknesses to bring your confidence to a new level.

We are delighted to help. After all our logo is a Zen sign called 'Unalome' meaning just that: **Your life's journey!**

Please Note:

There is a lot to learn and much knowledge to be passed along. You are welcome to make notes in break times, over lunch or at the end of each teaching day. We consider this an integral part of the course. It will help you focus your mind on tasks that made sense to you for whatever reason. It will also give you a heads up, when you are back home testing your skills out on your own horse.

HUMANS

HORSES

HARMONY

Pricing

Tuition fees Harmony 1

£915 - external individual tuition at mutually agreeable dates

£815 - internal individual tuition at mutually agreeable dates if booking accommodation with us at the same time

£765 per person joining us on pre-set course dates specified by us

£720 per person if booking for 2 or more people at time of booking

Taster session to Harmony 1 course

Cost: **£45 approx. 1 hour**

Incl. introduction to our facilities and herd of teaching horses, how we work and what you can expect from the course.

Introductory session to Harmony 1 course

Cost: **£85 approx 2.5 hours including refreshments**

Incl. introduction to our facilities and herd of teaching horses, how we work and what you can expect from the course. This will include theory and 'hands on' learning.

For more info, please ring Iris today on 01938 820407 or e-mail LVAC.wales@gmail.com

Please note - all of our courses require you to sign a disclaimer





Horse Harmony 2

Duration: 3-5 days

Age group: 18+

H2 is taught on a 1:1 basis. It is our advanced course and you will have to be confident in your own abilities practised during H1 to join.

I will work with you and your horse to enhance your overall communication and understanding of each other, building on the knowledge gained during H1.

Horses inherently already know the things we will ask of them during our sessions. However, they may never have had a chance to practise them, due to our often conventional ways of raising and keeping horses isolated from each other.

Equines in a natural setting learn from their parents and peers as they spend time in a 24/7 herd environment.

Horses raised under different circumstances have a tendency to create avoidance patterns to cope with human interaction they are confused or unhappy about.

We will have to communicate to the horse during H2 that some of these patterns no longer serve them. This requires awareness, persistence, and consistency.

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Course Content - Harmony 2

- Reinforce and practise skills learnt during Harmony 1 with regards to your own horse
- Learn the importance of movement and handling of horse's feet
- Learn more techniques to particularly help you deal with your own horse's needs
- Work on developing a new level playing field between you and your horse
- Find out about the sensitivity and energetic awareness necessary particularly with regards to your own horse
- Practise how to have a directed silent conversation with your horse every time you meet
- And many more things, specifically important for you and your horse's own relationship journey



Pricing

Tuition fees Harmony 2

3 hours of coaching every day, 2 sessions of approx. 1.5 hours each (am & pm)

Course Fee **£405 for 3 days - all additional days £135 each.**

If you live locally we can arrange sessions at mutually agreeable times. Sessions are charged at **£45/hour.**

Grass turn out / stabling is available on a DIY basis at extra cost.

Please note: It is your own responsibility to restrict grazing if necessary.

If you would like to stay with us for longer, we offer rooms for rent in our farmhouse, please ask for details and availability.

**For more info, please ring Iris today on 01938 820407 or e-mail
LVAC.wales@gmail.com**

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