



***A harmonious horse-rider relationship is the root,
from which good riding can arise.***

A mindful rider is aware of his effect on the horse. He also perceives the smallest reactions of the horse in order to respond to them. A silent dialogue ensues. "Touch for Harmony" offers a concept for training the rider's feeling.

THE MANUAL COMMUNICATION

With the carefully executed Animal Shiatsu techniques, the rider recognizes the overall condition of your horse and learns to balance the horse physically and mentally, which has a significant impact on the rideability and performance of your horse.

The manual, silent communication of animal shiatsu deepens the connection and strengthens the trust between humans and horses.

Thanks to the improved perception, the rider can see the overall condition of his horse, for example with regard to:

Body awareness:

Does the horse have a positive, negative or no relation to certain parts of the body?

Mental strengths and weaknesses:

Can the rider influence the horse's focus easily or only with difficulty?

Is the horse with itself or does it get a little out of it?

Reference to the rider:

Is the reference positive and motivating?

Is the relationship ambiguous and the horse demotivated?

Responsiveness:

Fight, Flight or Freez type



THE MENTAL COMMUNICATION

The rider learns to mentally face the strengths and weaknesses of his horse. The rider dedicates himself to his strengths and weaknesses analogously to those of his horse.

Building on the self-perception of the rider such as:

Body perception, breathing, muscle tension, inner images, thoughts and feelings.

When used in a targeted manner, a mental dialogue is created, which strengthens the relationship with the horse.

False expectations, doubts, fears, loss of trust or false ambition make communication with the horse more difficult and are therefore relationship killers and performance killers.

Touch for Harmony also deals with neurological mirroring. In short, with the mutual transmission of feelings and movement patterns.