



On behalf of  
**Simply Horses Riding Club**



**Working At Liberty In Play and Learning**  
*Laughter, fun, no pressure or punishment*  
*A Complete Change of Approach!*

presented by Jo Osborne BHSIT/ESMAT

**ONE DAY WORKSHOP & EVENING TALK**

**Workshop Day:** Saturday 4th June 2011: 10am - 5pm

**Lecture/Talk:** Friday 3rd June 7pm start

*Places are limited so please book early*

**Organiser:** Sara: 01686 640711 or 07966 460753

**Email:** meadsontour@hotmail.com

**Venue:** Brookfield House, Garthmyl, Montgomery, Powys SY15 6SQ



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## **'Liberty Work, Learning & Play' Workshop**

This workshop is intended to be fun and informative for attendees who want to go away and put into practise what they have learn't or been inspired to try. It will be client centred and each participant will have an opportunity to share their challenges, ideas and desires with regards to their own relationship with their horse and how they might like to proceed with liberty work and/or relationship building.

This workshop is about working with your horse in a free setting, how to begin and the endless possibilities that can follow. We will review different training formats and approaches and consider the parameters of training with positive reinforcement methods.

This workshop is designed to encourage you to explore being with your horse in a new way so that you have the keys to discovering a two-way dialogue that can develop into a strong, trusting relationship which is mutually explorative.

This highly practical day will show you not only techniques and ways in which you can engage your horse, but more importantly, the principles that will bring success. You will understand how to develop for the future in your own everyday setting. We can review some of the remarkable work that is being done by fellow advocates of the horse along with some particular approaches that you will find useful.

## **'An Evening's Talk: 'Finding My Horses'**

A talk given by Jo Osborne sharing her journey in challenging her own beliefs, values and assumptions around sharing her life with her horses and how she arrived at 'Liberty Work'. Jo will be illuminating the kinds of games and interactions they play and develop together, her ideals and self-imposed challenges around those human demands and ideas that we have placed upon the horse. Jo will share her personal journey in listening to her horses and their needs, discovering their insecurities and difficulties, having pleasure in their pleasures, receiving their gifts and entertaining their enjoyments, neuroses, thrills and games; basically what it means to live and learn together in mutual appreciation; a complete change of approach!

The emphasis will be on having light-hearted fun and an opportunity to take a look at this alternative method on training ourselves to be authentic with our horses.

You may want to explore particular areas for further understanding which may include:-

- Hierarchical v Peer Relationships
- Pressure & Release
- Positive Reinforcement
- Why you don't need to be afraid of food as a reward

We may also take a look at some of the postural and rehabilitative exercises to teach your horse and how to develop and gymnasticise the horse's mind and body. This may include:

- Sharing space hanging out together
- Free and wild play
- Free leading in walk, trot and canter
- Turn on the forehand/haunches
- Shoulder-in and half-pass
- A variety of stretches and flexes
- Natural collection



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