



*- Yoga and Rituals for Riding -
Richmond Vale Nature Center
February 28th - March 4th*



Yoga and Rituals for Riding

- A unique Horsemanship Clinic in the Caribbean

Dear Horse Friend!

Thank you for contacting us concerning the Yoga and Rituals for Riding Clinic 2012. By contacting us, we already know you are looking for a new way to be together with horses and that you are also looking into how you can improve your balance and seat for riding.

The Carolyn Resnick Method

We will introduce you to Carolyn Resnick's Seven Waterhole Rituals, which is a method to learn and understand the culture, behavior and language of horses. It is the foundation of all equestrian pursuits.

Benefits of Yoga

The practice of yoga has existed for thousands of years. Yoga is a series of postures coordinated with deep breathing that helps to develop balance, strength and suppleness. It is a low-impact form of exercise that can be adapted for anyone. Yoga also helps you understand self-awareness. Classes often start with breathing and looking inward and being in the moment. This aspect of yoga helps you learn to focus on what you are doing-how you are breathing and what your body is doing. It allows you to be mindful both mentally and physically.

One of the many benefits of yoga is the development of body mechanics. You learn how your skeleton supports you and how your muscles allow you to move in different ways. The various poses are done standing, seated, lying down, and inverted. You learn to do different things with different parts of your body at the same time. Sound like riding? Yes, Yoga can improve your balance, seat and focus for riding. Your improved balance will help your horse.



Our Nature and Hiking Center

About St. Vincent

and the Grenadines in the Eastern Caribbean

St. Vincent & the Grenadines is a nation of 32 islands located in the Lesser Antilles between St. Lucia (24 miles to the north) and Grenada (75 miles to the south). St. Vincent is hilly with rich volcanic soils. Independence was gained in 1979 from Britain and the population is approximately 118,000. The largest and northernmost island is St. Vincent (about 133 square miles) which has a forest-covered mountainous interior that is dominated by La Soufriere, a 4,000ft tall active volcano. On the south west coast is Kingstown, the nation's capital.

The remaining Grenadines lie to the south of St. Vincent. The largest and most populated are Bequia, Mustique, Canouan and Union Island. Young Island is a small private island right off the coast of Kingstown, St. Vincent. Smaller inhabited islands include Mayreau, Palm Island and Petit St. Vincent. The Tobago Cays is a marine park located to the east of Mayreau and is a collection of five tiny islands, sheltered lagoons and coral reefs.

We enjoy a tropical climate with the hottest and most humid months between June and September when temperatures reach an average high of 30°C (86°F). The most popular months to visit are between December and May when the climate is more comfortable, though trade winds provide a welcome breeze all year round. The driest months are between January and May and the wettest month is July.



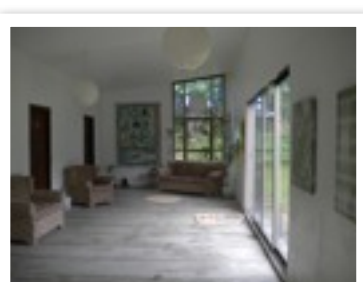
Richmond Vale Academy and its Nature and Hiking Center

Background

Richmond Vale Academy and its Nature and Hiking Center is situated on the Leeward Coast of mainland St. Vincent. Today's academy consists all in all of a total of 4000 sq.m. (43,000 sq. feet) of buildings and is one of the biggest buildings on the island. Part of the building is used for the Nature and Hiking Center.

The building complex was constructed by Danish teachers in 1981-1982 as an experimental project for youth with special needs from Denmark. This project only had funding for a couple of years and for the next years a few of the staff stayed and developed the farm. In 2007, new development plans were made and new management arrived. Today it is a lively center with

- an international volunteer training school DRH Richmond Vale Academy
- a small farm producing passion and lime juices, banana, pineapple and pitaya
- organic vegetable production
- a nature and hiking center with a special horse program
- a culture and community center involved in many activities in the local area





Farah DeJohnette

Integrative Horsemanship

Bringing over 20 years of Horsemanship experience, Farah DeJohnette's talent in competitive horse training blended with her Natural Horsemanship and Holistic programs, make her a uniquely skilled Trainer. "Horses are my life. It has been a Journey that is profound in every way. I continue to learn from them every day. What I learn, I bring to my students."

The horse is the greatest teacher of Horsemanship. I am a student of the horse. I help facilitate and support each of my students and their horses' learning, no matter what their goals. My Intention is to keep intact the horses' true nature and spirit in his training so that he may always bring his heart and desire to his work.

My techniques rely on the most important opinion of all, my horse's. He has to want to work with me and his happiness is as important as my own. We can develop a desire in our horses to participate willingly and confidently with us in whatever tasks or goals we set. When connection and relationship are the foundation, there is virtually nothing we can't do together. I believe that is the partnership that we all seek. Farah's scope is broad and embraces many different methods. At the foundation is Carolyn Resnick's Method. Summed up simply, Farah's approach is a blend of Dressage based training, Natural Horsemanship, Balanced seat riding and Yoga.

Or "Integrative Horsemanship".



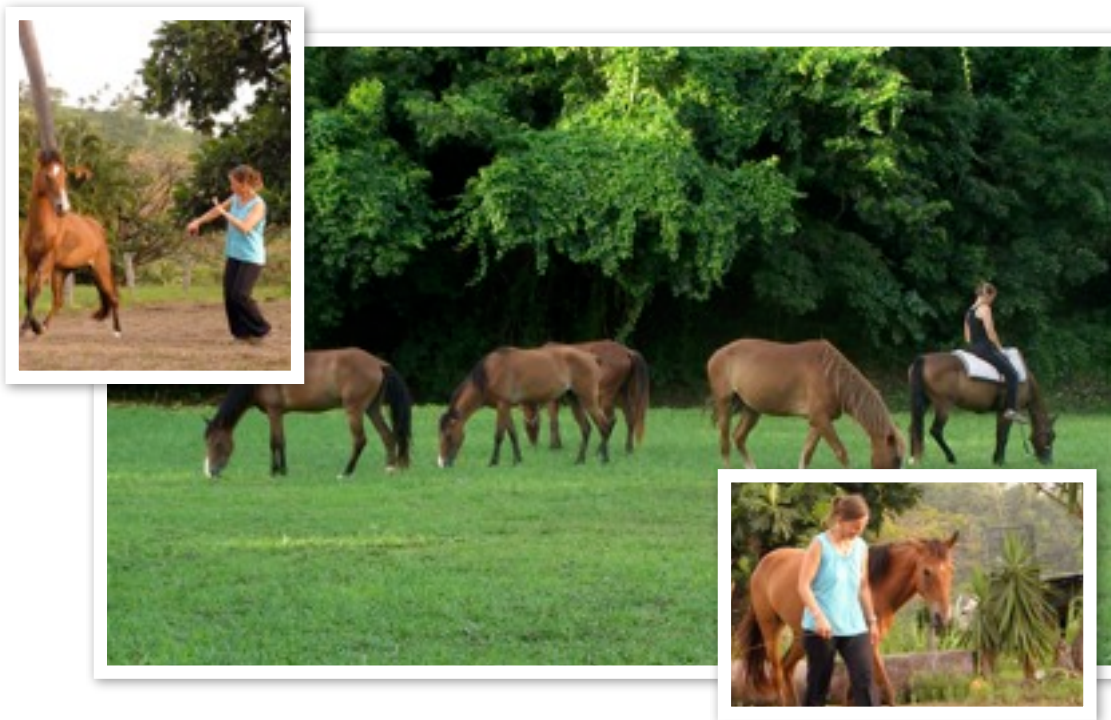
Carolyn Resnick

Her life with horses began in Indio, California in the 1940s. Riding alone in the desert as a child, she nurtured an intuitive bond with horses. In the beginning of what would become a lifelong passion for developing innovative horse training methods created from her interactive studies with wild horses, Carolyn spent three summers of her childhood gradually becoming accepted into a community of wild horses culminating in her riding the lead mare of the herd, bareback and without bridle. As a junior rider, her interest led to training and showing in both English and Western divisions. Her desire to create a championship performance from the willing spirit of the horse led her on a unique quest to gain knowledge of natural wild horse behavior and communication systems.

Carolyn's formal introduction to the wider equine community began in the early 1970s from her ranch, Stonehenge Arabians/Dances With Horses, a successful training and Arabian breeding center in Sonoma, California. From her studies of wild horses, Carolyn formulated her own system of relating to horses she called The Carolyn Resnick Method. She subsequently toured the United States for several years, giving clinics and exhibitions on this. Carolyn has coached Stina for three years.

Carolyn's Method has two purposes.

One is to empower you to have better relationships in life from what you learn from horses and the other one is to bring horses and humans together in harmony through a connection built on friendship and respect. Carolyn's focus is to develop your skills in understanding the horse's mind. You learn when to allow your horse to shape your leadership to suit his nature and when to not give in. Carolyn's Method show you how to win a horse's respect and how to keep a horse interested in learning and performing and how to create a perfect connection with him on a daily basis.



Stina Herberg

Certified Carolyn Resnick Instructor

Stina is born in Norway, but has lived abroad in USA, Africa, Europe and Caribbean for the past 25 years of her life. She has been passionate about horses since she was a little girl and she has worked with and trained many horses. She research and studied many training methods like academic dressage, western riding, clicker training and various forms of horsemanship. When finding the wild and abused herd of horses in St. Vincent, she was lucky to find Carolyn Resnick who agreed to coach her. Through Carolyn's Waterhole Rituals, she managed to connect with the herd and Carolyn's Method opened completely new doors to understanding what horses really are. With her previous experiences with horses, she was unable to connect with the wild herd.

Stina and her horses are happy to welcome you to St. Vincent where she can offer teachings in a unique outdoor classroom. We can share with you a new "Magic" and inspiration for your horse training. The "Magic" lays both in the unique nature setting where we are located. Theory classes will be conducted in a terrace with a 360 degree view over the Caribbean Ocean, the rainforest, the volcano, the lush mountains and the grazing horses. Some of the theory classes will be in the shelter overlooking the Grugru Park with the horses. The practical classes will be in the garden, in the jungle, on the beach and in the training area with ancient palm trees dated back to the time of the dinosaurs.

... and the "Magic" lays in learning to understand The Waterhole Rituals which are a missing link in today's interaction between horses and humans. Studying the Waterhole Rituals will teach you the language of your horse and how you can communicate. The Waterhole Rituals is a journey to new discovery in your life with horses. They go beyond any horsemanship method.

Program

Day 1 – Introduction and Waterhole Rituals

Tuesday

07.00 Breakfast

08.00 Welcome

Welcome, we present ourselves to each other and our wishes for the clinic.

Introduction to The Carolyn Resnick Method with Stina and her herd of former wild horses, Farah's Integrative Horsemanship and the benefits of Yoga for riding

09.30 Yoga

10.30 *Coffee, Smoothie, Snack

- Introduction to the WHR "Hands-on"

Use and types of the reeds, where to work

Ritual 1 - Sharing Territory theory

Ritual 1 - Sharing Territory and Reciprocal Movements with horses

* Coffee/Tea/Smoothie Break at the right time

13.00 Lunch

14.00 WHR continued

Ritual 2 – Saying Hello theory and with horses

Ritual 3 - Taking Territory theory

Taking Territory/Soft Taking Territory - practice people on people

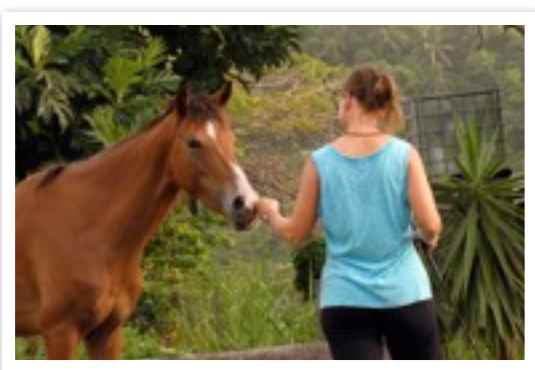
Leading from behind theory

Summary of four rituals and debrief of the day

* Coffee/Tea/Smoothie Break at the right time

17.00 Free choice, Beach, Swimming, Hike, Practice, etc.

19.00 Dinner



Day 2 – The Waterhole Rituals

Wednesday

06.00 Morning exercise for the early birds

07.00 Breakfast

09.00 Yoga

10.30 WHR Morning Lessons “Hands on”

Ritual 4 - Leading from behind with horses

Ritual 5 – Eye Contact theory and with horses

Ritual 6 – Companion walking. Practice companion walking with partners

13.00 Lunch

14.00 Afternoon Lessons

Ritual 7 – Liberty Dancing demonstration

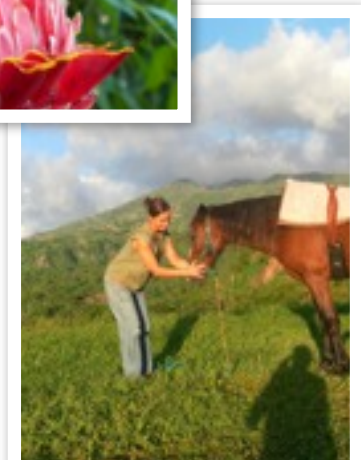
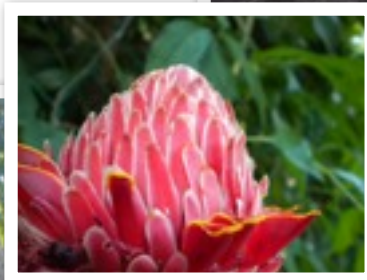
Ritual 6 - Practice Companion Walking with horses

Summary of the 7 rituals

* Coffee/Tea/Smoothie Break

17.00 Swimming, Fitness and Yoga

19.00 Dinner



Day 3 - Exercises for improved seat and balance

Thursday

06.00 Yoga and Swimming

07.00 Breakfast

09.00 Morning Session

Principals of seat, balance and riding

The importance of breathing

Yoga exercises to improve your seat, focus, breathing and balance

Continue with exercises to improve your seat, on the drum, on the horses

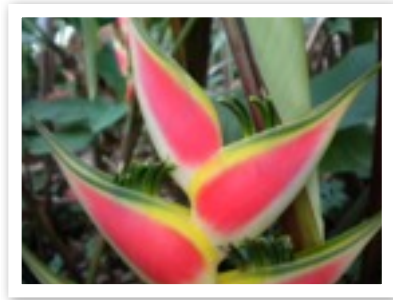
13.00 Lunch

14.00 Afternoon Session - Nature walk preparation and practice, Open Program

Reflection, Beach, Short Nature walk with horses, Practice the WHR and Yoga, Reading, Sharing Territory, etc.

19.00 Dinner

20.00 PowerPoint presentation - The story of the herd in pictures and video with Stina



Day 4 - The CR Uberstreichen Exercises –

Friday

06.00 Yoga and Swimming for the early birds

07.00 Breakfast

09.00 Yoga

10.30 What are the Carolyn Resnick Uberstreichen Exercises?

How to begin the Uberstreichen Exercises theory

Demonstration of UEs and demonstration how to start a new horse with the UEs

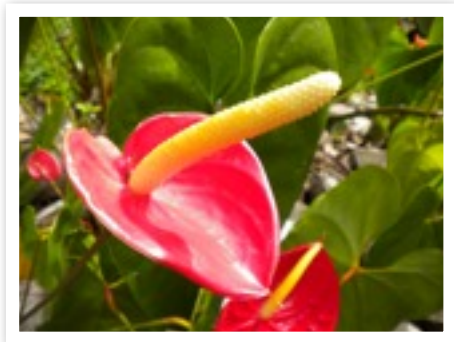
* Coffee/Tea/Smoothie Break at the right time

13.00 Lunch

14.00 Afternoon Session - Nature walk preparation and practice, Open free time reflection, Beach, Practice the WHR and Yoga, Practice UEs, Reading, Sharing Territory

17.00 Swimming

19.00 Dinner



Day 5 – Games and Energy

Saturday

06.00 Yoga and Swimming for the early birds

07.00 Breakfast

09.00 Yoga

10.30 How your energy effects your relationship and results with horses

Games to play with Horses

Demonstration

* Coffee/Tea/Smoothie Break at the right time

13.00 Lunch

14.00 Afternoon Session

Reflection, Beach Ball with horses, Practice the WHR and Yoga, Practice UEs, Games, Reading, Sharing Territory

18.00 The Magical SunSet Drumming Session - Beats from bare hands and hooves

19.00 Dinner

21.00 Moonlight Smoothies/Tea



Day 6 – Horse Hike in the Rainforest

Sunday - Hike to Trinity Falls

07.00 Breakfast

08.30 - Full Day Hike with all the Horses to Trinity Falls

Picnic at the waterfalls

16.00 - Summary of the Clinic and Conclusion

19.00 - Surprise Dinner





Darling and Jack

The lead mare Ciboney My Darling and her partner

Meet your teachers: Darling

is 12 years old, born May 12, 1998. She is the only horse from the original herd back in 1998. We just learned her birth date as the woman who had the horses initially just took contact with us. Darling is the only survivor from the original herd. Darling is a smart strong-minded mare and she has been through a lot. We have been riding her, but as it was not a mutual pleasure, we stopped it. Darling connects very well when you are friends; she is demanding, but she is the horse that absolutely knows the most. She will question what you ask her and you need to ask when she is ready to answer. Darling can do the Uberstreichen Exercises and has started single lining. As a lead mare, she is busy raising the other herd members and she is both strict and fair. In between, I think she will be ready to go dressage, but I am not sure.



Ray of Light Jack

is perhaps around 10-12 years old. He was a stallion when he came, but shortly after his arrival, we castrated him as we did not know the family relationship in the group. Jack was very suspicious and troubled around people. He is now calm and a bit clumsy. We have started the UEs with him and he has had a saddle and carried a rider for a couple of walks. He learns the best if he is alone in the field with Darling or another mare around.



Magic and Moonlight

Mother and daughter

Magic

is a small very smart and aware mare. She has many opinions and will see every movement you make. She can teach you a lot about your own body language. She had riders on her back, but after she became a mother, she worried more and we gave her two years of 'maternity' break. Moonlight stopped taking milk from her mother's bar after 1.5 years. Magic is around six years and now in training to do the "the magic ride" - a ride with the herd in the jungle without tack.

Moonlight

was born in July 2010 in the fruit garden. We have been playing ball and going for walks. It's time to start the waterhole rituals and also to teach Moonlight to not be afraid of water. Moonlight is trusty as she has not had any bad experiences with people. She might be a natural gaited horse; she shows us some new movements that are very interesting to follow. The horses are from a "Creol breed", a complete mix of north and south american races and some European races mixed in as well.

You can see some polo-pony, arab, quarter and thoroughbred in the horses.





Spirit and Elena

Mother and daughter

Spirit

would be the most challenging horse I have met. Even after three years here, she would not take contact to humans. Working Student Margrete, sat with her for several weeks and finally Spirit agreed to have a halter on. We could then handle her to go out of the pasture for walks and grass. We have been able to touch her a bit on the neck and body but she has a long way to go. She is just getting more and more interested in people and what is going on. Carolyn advised us to to be more direct with her and help remove her “block”. Spirit is number 2 in the herd and very loving and caring with the other herd members.



Elena

is Spirit’s daughter and was probably 1-2 months when she arrived here in January 2007. Elena is smart, self-confident and playful. She likes to learn new things and is adapting fast to new situations and tasks. She has tried to have a saddle on and we have played ball. We have just recently started to introduce her to the waterhole rituals and as she responds very well. We have done the first works with halter and rope and one of the Uberstreichen exercises. Elena holds talents we are not yet aware of; her build is also very good for dressage and she might be the one for the bridleless dressage we will learn with Carolyn.



Gaia - Rain

the young runaway mare, born in hands

from a mare and a stallion in the village –

A good lesson

I lent out the second stallion I had rescued with the rest of the herd (Danny) to a nice farmer in the village who had a mare. One year after, Gaia was born on a rainy day. When Gaia was two years old, her mother gave birth to another foal on a sunny day and Gaia was lent out to a friend of the farmer. Gaia did not like to be alone; she tore the rope and ran away to our herd. She knew we were here, as she had passed with her mother when she was foal. A good lesson for us is that when you create new life with a mare and stallion, living here in the small island, you must take responsibility for the new life born, regardless of what happens. We did not plan to have another horse, but there she was and finally we swapped Gaia for a saddle and she will stay with us forever.



Integration

Gaia Rain spent her first months here just getting to know the fences and the herd. When Working Student Nora came in September, it was the first time we started the waterhole rituals with Gaia. She has only been trained for a month. Gaia likes to hang out with Moonlight and is ready to learn many new things. She is very contact seeking and has just discovered the benefit of being with people.

Traveling to Richmond Vale Academy and Clinic guide:

We are so happy you decided to join us on this unique and once in a lifetime experience with the herd in paradise! Here is some info that you will find helpful for your best experience during your stay.

Accommodations: Bear in mind that if you stay off-site, you will need a taxi, water taxi, or rental car to get to and from the Academy each day.

Richmond Vale Hiking Center: Here is a link to the info about the accommodations at the Hiking center.

<http://www.richmondvalehiking.com/TextPage.asp?MenuItemID=60&SubMenuItemID=211>

On-site Rooms and 3 healthy meals a day are \$50.00 per day. A lot of the food and meats are grown on the premises and vegetarian choices are available at each meal. We offer fresh fruit, snacks, tea, and smoothies for snack breaks.

Other Accommodations:

Buccament Bay <http://www.buccamentbay.com/> If you are traveling with family or friends, this 5-star hotel has all the amenities and you can travel to and from the Academy each day to participate in the Clinic Experience. Other fun activities such as fishing, hiking, snorkeling etc. are available for the other members in your group.

Wallilabou Anchorage <http://wallilabou.com/>: This quaint motel on the beach is a nice option as well if you wish to stay elsewhere. It is mid priced.

Travel: Go to this link for detailed flying instructions <http://richmondvaleacademy.org/TextPage.asp?MenuItemID=63&SubMenuItemID=415>

Once you are at the Airport in St. Vincent and have cleared customs, step outside to the cab stand and request a cab to Richmond Vale Academy. It should be about 200ec or \$75.00US. They will accept US dollars. It is about 1-1.5 hrs to RVA. NOTE* It is not unusual for the cabs to switch drivers and vehicles during this trip so do not be alarmed by this! The drive is scenic on the windy narrow roads if you arrive during the day.

Payment for accommodations and Clinic-Deposits or \$500.00 dollars to secure your spot are appreciated. Balance for room, board and clinic paid in full before the start date is appreciated. You can make payments at Paypal either to Farah DeJohnette Training to email FDHorses@yahoo.com (please select “personal” for type of payment) or

<http://richmondvaleacademy.org/TextPage.asp?MenuItemID=42&SubMenuItemID=478>

If you are unsure about the total cost, contact Stina at stina@richmondvale.org or FDT@fdhorsetraining.com

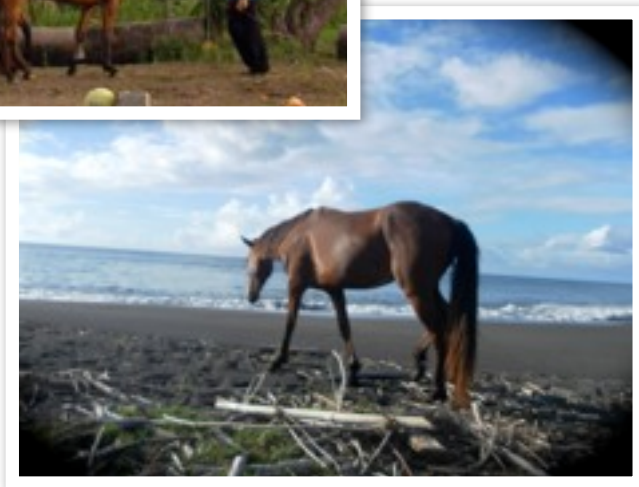
Practical Information –

The cost of investment for this experience will be \$1,390US (\$1,090 for the clinic plus \$300 for the on-site room and meals). All fees for off-site accommodations and travel to and from RVA are the sole responsibility of the participants who choose to do this.

Things to bring: A yoga mat (if possible), insect repellent, good walking shoes, paddock boots if you have them, rain coats, swim wear and good comfortable sports clothes. A journal if you like. We live and will go out in the jungle, there are lots of bugs (none are dangerous) and in the jungle, you wear shoes, socks and long pants that are not too thin. Bring a flashlight. Bring a solar lantern to share territory in the night when the moon is not up. (You can get small ones you stick in the ground for around \$5US.) The sun is strong so bring sunblock and a cap or hat.

Bring cameras and a rainproof bag for it. Bring your laptop if you wish, as we do have good Internet access. It is also possible to borrow one to check e-mails, etc.

Recommended reading and DVD: Carolyn Resnick's Naked Liberty (great to bring and read while Sharing Territory!) Buy at <http://www.carolynresnickblog.com/products/>



Welcome to St. Vincent

