

“WHAT PAULA JOSA-JONES HAS DONE... is to bring each aspect of the combined arts of equitation and dance into new and sublime focus.”

—CARLY SIMON,  
Singer/Songwriter



PAULA JOSA-JONES is a dancer, choreographer, and movement educator known for her visually rich, emotionally charged dance theater. Her work includes choreography for humans, as well as inter-species work with horses, dancers, and riders, and work in film and video. Josa-Jones has been called “one of the country’s leading choreographic conceptualists” by *The Boston Globe* and *The Village Voice* describes her work as “powerful, eccentric, and surreal.” Her dances have been produced in Russia, Europe, Mexico, and throughout the United States.

Josa-Jones has taught in the dance programs at Tufts University, Boston University, and other colleges, universities, and dance festivals nationally and internationally. She is a Certified Laban Movement Analyst, Somatic Experiencing® practitioner, and a Registered Somatic Movement Educator and Therapist (RSMET) accredited by the International Somatic Movement Education and Therapy Association (ISMETA). She is also a TTEAM (Tellington Touch Equine Awareness Method) practitioner.

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“WHAT AN ENGAGING, poetic, and insightful book! *Our Horses, Ourselves* is a deeply moving journey into the landscape of our authentic self, reflected through the great love, respect, and understanding Josa-Jones has for horses as companions and creators of harmony through movement.”

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and Founder of Body-Mind Centering®

“PAULA JOSA-JONES SHARES a unique perspective on how we can create a more intimate relationship with our horses and ourselves, and it is a joy to see how awareness of the deeper connections between horses and humans can blossom. Her approach is truly that of a Compassionate Equestrian.”

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Josa-Jones

OUR HORSES, OURSELVES  
DISCOVERING THE COMMON BODY



Paula Josa-Jones  
CMA, RSMET, SEP

Meditations and Strategies  
for Deeper Understanding and  
Enhanced Communication

# OUR HORSES, OURSELVES

DISCOVERING THE COMMON BODY

“A BREATH OF FRESH AIR...where any one of us with a true desire to really *be* with horses, to partner with them in work, pleasure, or competition, should begin.”

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BETWEEN 60 AND 80 PERCENT of human communication is nonverbal, spoken in the physical languages of movement and touch. But while we are in effect “talking” all the time, we often lack a clear vocabulary and syntax of the body. And it is here that our relationship with horses (and humans) can become complicated, even to the point of breaking down. Communication between human and horse relies almost entirely on the nonverbal—if we don’t know what we are saying or how we are saying it, we cannot possibly expect to form the kind of trusting and consistent partnership that is integral to recreational and competitive equestrian pursuits.

For years horse trainers and equine experts have sought new ways to tap into that which for many remains elusive: the ability to use the human body, and our often neglected power of intent, to explain to the horse what we want, as well as receive in and understand his answer. From the Feldenkrais Method®, Alexander Technique, and yoga, to Tai Chi, Aikido, and other martial arts, we have used various areas of study seemingly unrelated to horses and riding to gain new insight as to how to achieve a soft, fluid connection with our equine partners.

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