

Sometimes the reason we were first drawn to horses gets lost. We lose touch with the playful, joyous part of being with a horse. We become automatic and hurried — fragmented in our attention. I like to think of horsemanship like yoga. In yoga, where you place your feet and hands, how you move into and out of the pose, your breathing — all are essential to that asana. Being with horses requires that kind of mindfulness and a curious, friendly beginner's mind.

Horses can teach us a great deal about ourselves if we are willing to listen. On the ground or in the saddle, finding harmony, softness and balance with a horse is like sitting with a Zen master. There is nothing terribly abstract about being around a 1200-pound flight animal. You have to wake up and be open to the moment. I love horses for their clarity, honesty and generosity. They teach me again and again what is really important — softness, balance, listening, connection and love.

## *Embodied Horsemanship* is about:

- Helping to resolve physical and emotional issues with your horse using Tellington TTouch,<sup>®</sup> Clicker Training and groundwork.
- Developing better communication with your horse on the ground and in the saddle by learning basic movement awareness and listening skills.
- Creating the physical and emotional alignment needed to build a harmonious relationship with your horse.
- Building feelings of authenticity, mindfulness and a spirit of improvisation by connecting with the horse.
- Expanding embodied consciousness, intuition and confidence.

*There are few who can establish themselves as original creative artists; what Paula Josa-Jones has done is to bring each aspect of the combined arts of equitation and dance into a new and sublime focus.*

— Carly Simon



### PRAYER

*Our problem — may I include you? — is that we don't know how to start, how to just close our eyes and let something dance between our hearts and our lips, we don't know how to skip across the room only for the joy of the leap. We walk, we run, but what happened to the skip and its partner, the gallop, the useless and imaginary way we could move through space, the horses we rode before we knew how to saddle up, before we had opinions about everything and just loved the wind in our faces and the horizon in our eyes.*

by Stuart Kestenbaum  
from *Prayers & Run-on Sentences*



## *Embodied Horsemanship*

BODY ◦ MIND ◦ SPIRIT ◦ HEART





## Paula Josa-Jones, MA, CMA, RSMT

loves horses and what they teach us about being more human. She is a dancer, choreographer, director and equestrian known for her visually rich, emotionally charged dance theater. Her dances have been produced in Russia, Europe, Mexico and throughout the United States. Paula is a Certified Laban Movement Analyst (CMA) and a registered Somatic Movement

Therapist (RSMT) accredited by the International Somatic Movement Education and Therapy Association (ISMETA.) Her writings on movement and dance have been published in *Contact Quarterly* and she writes a daily blog called *Ride Dance Write*.

Paula is an avid student of dressage and a Guild-Certified Tellington TTEAM®

Practitioner. In 2001 she premiered *RIDE*, a groundbreaking work of equestrian dance theater. Her work with dance and horses includes live performance, film, education and humanitarian work with rescued and abused horses. She teaches an intuitive, improvisational approach to the human-horse bond through movement and touch and enjoys riding and performing with her horses Sanne, Amadeo and Capprichio.

Because of her background as a movement therapist and educator, and her many years of experience dancing with horses, Paula is uniquely qualified to help humans discover a deeper attunement and harmony with their horses.

*Getting quiet and just waiting to see what the horse would do next was a revelation.*

— CL

*The exercises were really mind-opening and made me realize a new way of thinking about the body.*

— LJ



# Embodied Horsemanship

BODY • MIND • SPIRIT • HEART

## Natural Partnership for You and Your Horse

means becoming more relaxed, confident and improvisational in your relationship with your horse. Slowing down, focusing your intention and being present are often the biggest missing steps in horsemanship. They get lost in the rush of preparation, in the push of riding goals, the pressure of competition. *Natural Partnership* is a simple, six-step practice that helps you be more connected, playful and successful as a rider and horse person, whether your goals are competition or pleasure.

*Touching Horses* uses TTouch, Clicker Training and groundwork exercises to help resolve physical and behavioral issues. TTouch is called “the touch that teaches” because it helps the horse to feel and think rather than simply reacting. TTouch releases held patterns of tension, injury or imbalance. The result is greater freedom of movement and balance. Sessions include instruction for the owner or trainer in specific touches and groundwork exercises that you can do with your horse.

*Riding Wide Awake* is NOT conventional riding training. It IS a mindful riding practice for those seeking to improve their communication and connection with their horse. Simple, non-habitual exercises both on and off the horse help develop awareness, breath support, connection and balance. These engage the brain in new ways, creating a more harmonious relationship to the horse's movement. When you “come into the body” and release old habits, you become a more feeling, effective rider regardless of your discipline or competitive level.



## Horse Dancing and the Herd with Paula Josa-Jones and Sarah Hollis

Horse dancing isn't just about dance or even horses. It is about listening, relationship and connection.

With equine performance trainer Sarah Hollis and Paula Josa-Jones, this workshop focuses on building an intuitive and attuned relationship with the horse, using the movement language and consciousness of the herd. The experience of partnering with a horse with both movement and stillness cultivates awareness, clarity of intention, and an open heart.

Because horses mirror our physical and emotional expression, they can show us when we are “out of sync” — in other words when our inside and outside are not congruent. Participants find that learning to be with a horse in this quiet, reflective and embodied way builds confidence and expands the way they see themselves and their relationships at home and at work. No previous riding or horse experience is necessary.

This workshop is offered in a one or three-day format.

## Contact

For more information or to book an individual session or schedule a workshop:

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