



Cohesive Horsemanship
Trust - Confidence - Respect

COHESIVE HORSEMANSHIP

*Cohesive - characterized by or causing cohesion:
cohering or tending to cohere; well-integrated; unified:
The action or fact of forming a united whole.*

Horsemanship is a philosophy, not a bunch of techniques!!
It's not about what you do... It IS about HOW you do it!

It's all about the relationship and creating a partnership!

A partnership requires participation from all entities. Our goal is to have our equine **participate** in our relationship so we can accomplish goals together.

Horses and humans need to Trust each other, have Confidence in themselves and each other, and mutually Respect each other!

At Cohesive horsemanship, I have found that there are 7 core principles that help build a great relationship and create a mutual partnership with an Equine based on **Trust, Confidence, and Respect**. These 7 principles are at the core of everything we do with our horses.

- 1- Be a partner and an empathetic leader
- 2- Become a master of body language
- 3- Be playful
- 4- Be curious
- 5- Be clear
- 6- Be focused
- 7- Be a student of lightness