



- Apply global concepts in horsemanship and psychology.
- Manage your emotions - focus your mind.
- Turn your imagination into power.
- Paint a portrait of yourself with body language and physiology.
- Understand the subconscious influence of language.
- Allow the nature of the horse to become more apparent to you.
- Determine how your actions and reactions affect the horse.
- Comprehend the root emotions that cause horse behavior.
- Manage your horse's nervous system: bring impulsion up or down appropriately.
- Explore collection and contact: feeling the diagonals.
- Horsemastership: Create art with your horse.
- Manage anticipation in the horse.

I apply the educational models of Gordon Wright and Montessori. Each class is tailored to the individual learning styles and needs of participants using the experiential learning model.



Photos by Molly Morrow Photography • Flyer by Andrea Paris Graphics & Media

Ride the Mind™

The Physiology and Psychology of Riding and Interacting with Your Horse



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