



# DIANE SEPT **BACK TO BASICS EQUINE AWARENESS**

at the Friendly Horseman's Club  
260 KLINE RD. STEVENS PA 17578



Diane's early horse days were spent doing ranch work from horseback and competitive western disciplines: rodeo and western riding disciplines. Later she was involved in the english world (hunter/ jumper and english pleasure and of course dressage.) In the midst of all the disciplines came the realization that there must be a basic understanding of THE HORSE and how they function, and that riders/handlers should have this understanding before "specializing" in any discipline.

Diane approaches working with a horse from a holistic standpoint. She considers nutrition, health, equipment, feet, teeth and environment. Once evaluated, there are a variety of approaches available to choose from to help the horse.

The elements Diane uses are evolved from TTouch, Connected Riding, Centered Riding, Feldenkrais and other disciplines. Diane teaches through short lectures, balancing participants in the saddle, ground exercises and riding in small groups.

Diane offers a unique opportunity to expand and sharpen your ground and riding skills and knowledge of horses. She offers a variety of training; ground-work, riding, and driving. She works with your horse to be balanced which frees up and allows the natural ability of any breed to express itself. By understanding the mechanics of the horse we can work with the horse to athleticize him.

## **WEDNESDAY APRIL 17<sup>TH</sup> SEMINAR:**

Creating **CONFIDENCE** and  
**PARTNERSHIP** with our horse.

- seminar begins at 6:30 p.m.
- \$20.00 per person

## **THURSDAY APRIL 18<sup>TH</sup> LESSONS:**

- Private 1 hour \$125
- Semi private
  - 2 riders \$75
  - 3 riders \$50
- There will be one 1 ½ hour slot reserved for later in day for a group or individual who would like to take advantage of more time (Fee will be altered)
- \$50.00 deposit required to hold your lesson slot
- Auditors \$30

\*\* SEE REVERSE FOR MORE DETAILS

[WWW.DIANESEPT.COM](http://WWW.DIANESEPT.COM)

FOR MORE INFO OR TO RESERVE YOUR SPOT CONTACT JEANNE : (717)673-4090

RSVP BY APRIL 10<sup>TH</sup>



# Wednesday Evening - April 17th 6:30 p.m.

Wednesday evening will center on how we can become more aware of the impact we have on the relationship with our horse. In order to have a mutually beneficial relationship, it is necessary to be aware of our horse's behaviors, and responses. Our actions and choices should always consider the longevity and well being of the horse, thus creating stability and security in the relationship which leads to success.

Diane will talk about what to be aware of in regards to our equipment whether riding or driving. When the equipment is well fitting, the horse is able to offer more, and allows for better movement and balance for both the horse and rider.

Diane also will balance a person in a saddle to help bring awareness to how small shifts can make notable improvements in our ride. She will share some awareness ideas about overall balance to help us recognize habits and compensations that are not beneficial.

By implementing these ideas and awarenesses we create CONFIDENCE and PARTNERSHIP with our horse.

\$20.00 per attendee.

**RSVP by April 10th to Jeanne (717) 673-4090**

# Thursday Lessons - April 18th

Diane will be offering one hour lessons on Thursday starting at 9 A.M.

Please send your request for the time slot that works best for you. We will do our best to accommodate requests.

## ***Thursday Lesson ideas:***

- Ridden or in cart
- In hand (longeing, ground driving, leading)
- Choose/inform Diane of the "lesson" approach that allows you to learn and discuss ideas that work best for YOU and YOUR HORSE. For example: Some lessons have been most effective with the horse on the trailer OR a "consult" regarding concerns about your horse or student
  
- Lesson content can be body awareness for the person using Alexander/Feldenkrais/Body Mapping, etc to bring better awareness of our habitual ways that can create misunderstanding as we "think" we are being clear with our cues with our horse

**Please have equipment that you MIGHT use available for easy access if not already on the horse.**

**Hard Hats required**

**Auditors Welcome!**

## ***Lesson Prices***

\$50.00 deposit required to hold your lesson slot

Private 1 hour \$125

Semi private

- 2 riders \$75
- 3 riders \$50
- (There will be one 1 ½ hour slot reserved for later in day for a group or individual who would like to take advantage of more time (Fee will be altered)

Thursday Auditors \$30

(If you are participating in a lesson during the day you are welcome to stay to audit the remainder of the day at no charge.)

**RSVP by April 10th to Jeanne (717) 673-4090**

**\*\*\*Full Box Lunches with a drink available Thursday- Order by April 10<sup>th</sup> \*\***

Box lunches are \$10 per lunch -options include Italian Picnic Sandwich or Veggie Hummus sandwich