



# BODY INSTRUMENT METHOD

MOVEMENT & BODY CONDITIONING FOR  
EQUESTRIANS

Private training program (PILOT)

For Tanit, Vesper, Galen & Vaka  
31st October - 19th December

**7 WEEK PROGRAM**



## Tutorials

1. Galen
2. Vesper
3. Vaka

### Ancillary Tutorials

#### **Yielding Away**

[https://youtu.be/2VikJch\\_iS8](https://youtu.be/2VikJch_iS8)

#### **In hand work: Turning for rec riding.**

[https://youtu.be/ZexOc\\_qODKO](https://youtu.be/ZexOc_qODKO)

#### **No touch Contact**

<https://youtu.be/tSKcAl3jYmY>

#### **Mechano Receptor and Body Mapping for Horses**

[https://youtu.be/UBzjx\\_S507l](https://youtu.be/UBzjx_S507l)

#### **Touch Intention and Tack Rehab**

<https://youtu.be/MKqwDt4Koko>

#### **MFB Updated Tutorial**

<https://youtu.be/Ly18coBCDVk>



# Tanit

Structure, Positive Action, Joy, Levity,  
Accountability

## Focus of Program

- Find joy as a carer of horses having moderate to severe health challenges
- As a natural creative, direct that intelligence and knowledge into achievable, regular, fun horsemanship sessions that inspire
- Be held accountable for actions

## Program Structure

1. x4 sessions per week **not care related, horsemanship focused**
2. 11am-1pm. 30 minutes per horse. 10 minutes break in between horses
3. Email reminders from Lockie
4. Spreadsheet to fill in online for accountability check ins
5. x2 Live lessons each week
6. x1 coaching call check in each week



# Galen

Coming home to his imperfect, wonderful body

## Focus of Program

- Internal focus of attention during movement (Avoid externally motivated adrenal activation)
- Calm, variable, soft movement
- Balance recovery with a focus on spine and hind legs
- Challenge duration of movement sequences

## Techniques

1. Spine recovery. At a halt & in walk
2. Pole challenges (variability). Straight lines & Curves
3. Halt to walk transitions from voice cues and voice rewards
4. Weight shifts to hocks
5. Circling + Mechanoreceptor activation

Demo with Caleb



# Vesper

Emotional regulation, expression in responses,  
rehabilitation to touch & tack. Safety.

## Focus of Program

- Re-introducing touch and tack as positive
- Following tack/tools as directional aids (pressure)
- Increasing behavioural duration threshold (30sec)
- Building emotional connection of CARE in relationship
- Foundational work in preparation for regular movement sessions

## Techniques

1. No Touch Contact
2. Rehab to Touch and Tack
3. MFB
4. Sit & Stay
5. Yielding Away

Demo with Sureño



# Vaka

Revisiting Riding. De-program transactional interactions. Moving in Consenting Relation.

## Focus of Program

- Return to riding as a mutual activity for both of you
- Develop ability to find moving in relation, rewarding
- Introduce touch cues that are not reinforced externally
- Focus on the ring, rather than trail
- Mapping her topography of 'No'... Consent in Cooperation

## Techniques

1. Yielding away
2. Circling at walk and trot, voice and body cues
3. Work in hand for basic turning and stopping
4. Mounting
5. Halt to walk transitions under saddle
6. 10 minute rides

Demo with Sanson



## Price break down for subscription program

Custom tutorials x3 at 30 minutes each =  $(95 \times 3)$  285

Coaching calls x 7= 665

Live Lesson x 14= 1190

Ancilliary Tutorials= free

Automatic accountability check ins= free

Cost of each service individually= 2140

Subscription cost for Tanit= 1615 (25% discount)

50% to begin.

50% on November 24th