

ARENA – STEP 3

Drive with Perfection

Now we know you likely got a bit excited to bring out grandpa's old wagon and practice some driving in this step- however we have different definition of drive at naturalandnice.ca. The drive we speak of is driving your horse with your focus. Horses behave as mirror reflects of people. When a human has a change in energy and becomes excited or fearful the horses will reflect that energy change in their own bodies. Most people know this to be true of many animals, horses, dogs cats, even bees.

The great thing about horses is they not only reflect the energy of people but also the physical body language of a person. In this step we aim to help you learn and master having your horse reflect both your energy and your body language. Focus on one area (example: top of barrel or pole. etc) we will call this your Focus Point. Do not take your eyes or your mind off of your Focus Point. The horse will feel your energy focus and will do the same. The horse will eventually touch the object you are focused on with their nose.