

Freizeitreiter und -fahrer

Vereinigung der Freizeitreiter und -fahrer in Deutschland e.V.



VFD-Landesverband Nordrhein-Westfalen
Ein Verband des Bundesverbandes

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The Benson's are guest trainers at the VFD in Aachen

“Everybody rides or handles a horse how they live their life”. That was one of the many sentences which caused a lot of reflection for the participants when Ian and Anke Benson from New Zealand started the theory part of their workshop. The young horse starting workshop was held at the Weidenhof in Alsdorf-Schleibach last weekend in June. Right from the start it was obvious to all us participants that with horse people like Anke and Ian Benson identifying the horse's mistakes and blaming the horse would never be an option. But to look for changes within yourself to improve your relationship with your horse that would be the path.



With teaching horsemanship Ian Benson is pursuing his passion, and is helping thousands of horse people all over the world. His experience and training also involves “Equine Assisted Psychotherapy (EAP)”. Ian and Anke teach in concepts, which help to improve the communication between horse and human either on the ground or from horseback. In their workshops they help to understand how little changes in our attitude or behaviour get behaviour. We always need to look what we express with our imunicate to the horse consciously or subconsciously. Then Ian v the horse perceives us in every situation. Then we have a chance to see who we are in the horse's eyes, what serves, helps or limits the relationship with our horse. “Achieving your result with lightness”, the aim is to create a harmonic relationship between human and horse based on trust and respect.



With our best intentions and more awareness we all headed to our horses and started with the first practical exercises before lunch. Throughout the clinic the focus was on the release and to release your horse into everything. Following that path all participants experienced that only through clear body language and a clear focus your horse will understand what you want. The Saturday afternoon and the Sunday were about putting the theory further into practice. Desensitisation and sensitisation, saddling and getting on for the first time, long reining with invisible long reins and even leading our young horses from horse back on the trails were part of the workshop. Every human and horse team were individually coached by Anke and Ian and on the Saturday evening we were long talking and processing what we learned and experienced during the day. Different opinions and views were discussed and presented. The conclusion of the clinic: Lightness can only be achieved by lightness or “your horse will only ever be as soft as you are in your communication”.

If you are interested to learn and experience true lightness in the training of horses, you can enrol for single sessions with Anke and Ian Benson on 12th and 13th of September 2012 at the regional VFD Aachen. Spectators are welcome. If you are interested in a Weekend Workshop you need to wait till 2013. For more information contact Susanne Lesmeister by telephone 02404-556617 or by email, weidenhof.lesmeister@gmx.de.

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