

THINK LIKE YOUR HORSE

MICHAEL PEACE



THE BOOK

Treat yourself to a copy of Michael's book, Think Like Your Horse, and learn more about working and riding horses using the Think Equus philosophy. Written with Lesley Bayley, the book costs £23.99 (including p&p).

THE VIDEO

Learn how to train a young horse from the comfort of your sofa with Michael's video – also called Think Like Your Horse. Produced in association with Your Horse magazine and Horseware Ireland, it's priced at £17.99 (including p&p).



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THINK EQUUS



EXPERIENCE THE BENEFITS



HOW MANY OF US can honestly boast that we have a completely harmonious relationship with our horse? We may persuade them to co-operate for 90% of the time, but often the other 10% is spent arguing over whether or not to jump a ditch, go through a gate or be caught.

If this sounds familiar just imagine how much more rewarding your relationship would be if you could go that extra 10% and achieve the perfect balance. That's you and your horse working in unison, without either party trying to control the other: a complete 50/50 balance.

Sound too good to be true? Then think again. This is precisely the philosophy of the Think Equus approach, pioneered by equine behaviour expert Michael Peace.

Michael has studied and worked with top horsemen all over the world. His vast experience with young and problem horses, combined with the theories and techniques he has developed over the years have led to the emergence of Think Equus – teaching people to think like horses and vice versa.



MICHAEL'S THINK EQUUS PHILOSOPHY involves 10 basic principles:

Co-operation & interaction The ability to function in a co-operative social group is a key to equine survival. They do it by instinct, but we don't live in herds so it's our role to learn this technique and apply it when we deal with horses – thereby learning to think like them

Partnership It is vital that horse and rider work in unison: neither party should control the other or have the upper hand

Balance A 50/50 balance should always be maintained: this calls for total awareness on both sides and requires constant, subtle changes

Diplomacy Battles should be avoided and the cause of any problem addressed, as opposed to turning problems into battles

Responsibility The aim is to create a framework within which each individual is responsible for their own actions

Dynamic awareness You must remain aware of the ever-changing nature of yourself and your horse and empathise accordingly

Collaboration & trust As you learn to empathise with your horse you will, in turn, learn to trust him – and him you

Win, win Rather than treating each situation as a battle you must win, ditch your ego and adapt your way of thinking so you achieve a win, win result

Setting targets Hope to achieve certain targets, but be prepared to listen to your horse and adapt each goal accordingly

The middle ground When working with a horse you need to find a middle ground, within which the horse will tolerate adjustments to the balance of the relationship. This middle ground should be worked in a positive and creative manner with mutual respect and attention. Work outside of this middle ground and you'll lose regard for each other

BENEFITS OF THE THINK Equus approach are not confined to young or problem horses. Every relationship between horse and rider can be improved, and the philosophy may be used to help good horses become even better.

If you'd like to experience the Think Equus method first-hand, Michael offers private lessons and consultations to help horses, owners and trainers overcome their problems. These take place at your horse's yard so there is no need to travel.

However, it is possible to send your horse to Michael's Oxfordshire-based yard for re-schooling or breaking, and when you pick your horse up, Michael will give you a free lesson to show you how to continue the Think Equus system.

LEARN TO THINK EQUUS

Think Equus courses are designed to educate people and give them practical experience of the Think Equus principles. Ideal for staff training, college students and private groups, the courses – **Foundation** and **Starting The Young Horse** can be tailored to suit. For further details see www.michaelpeace.co.uk

IN BUSINESS

For a fresh approach to management training, Michael's horsemanship skills can be a perfect demonstration of the importance of trust and dynamic awareness within working business relationships. Contact Michael for more information regarding tailored corporate events.

THINK EQUUS ON SHOW

Michael's lecture demonstrations are the ideal way to learn how effective the Think Equus approach is. During a show, Michael deals with all kinds of horses, from young, unhandled horses to those who are dangerous or unrideable. A great introduction for anyone wishing to improve their horsemanship skills, these demonstrations are held throughout the UK.

