

10 Essential Horse Woman Notes to Living Well and Riding Better

Are you a passionate horsewoman looking for ways to enhance your riding skills and overall well-being? Look no further! In this article, we will provide you with 10 essential notes that will help you live well and ride better, ensuring a harmonious relationship between you and your equine companion.

1. Find Your Balance

Balance plays a crucial role in horse riding. Work on developing your core strength and balance through exercises such as yoga or Pilates. This will not only improve your riding posture but also help you stay in sync with your horse's movements.

2. Master the Art of Communication

Effective communication is key to riding better. Develop a strong bond with your horse by understanding his body language and responding accordingly. Consistent cues and clear commands will result in better cooperation and enhanced riding experience.



Horse Woman: Notes on Living Well & Riding Better by Ruben Ygua (Kindle Edition)

★★★★☆ 4.9 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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3. Invest in Quality Gear

Your riding gear is essential to your safety and comfort. Invest in high-quality riding equipment, including helmets, boots, and saddles. Properly fitted gear will provide stability and support, allowing you to focus on improving your riding technique.

4. Prioritize Your Horse's Health

A healthy horse is vital for a successful riding partnership. Make sure to schedule regular vet check-ups, maintain a balanced diet, and provide appropriate exercise for your horse. By prioritizing his health, you are ensuring optimum performance and a happy equine companion.

5. Practice Mindfulness

Mindfulness can greatly enhance your riding experience. Being present and fully aware of your body, emotions, and surroundings will improve your intuition and responsiveness while riding. Take a moment to connect with your horse and be in the present moment.

6. Engage in Cross-Training

Engaging in cross-training activities can benefit both you and your horse. Explore different disciplines like dressage or jumping to enhance your riding skills and challenge yourself. This will also prevent both you and your horse from getting bored or stagnant in your training.

7. Take Time for Self-Care

As a horsewoman, it's easy to forget about self-care amidst the hustle and bustle of barn life. However, taking care of yourself is essential for a holistic approach to riding. Engage in activities that relax and rejuvenate you, such as a massage or a nature walk.

8. Set Realistic Goals

Setting realistic and achievable goals is crucial for progress. Break down your long-term goals into smaller milestones, making them more manageable and attainable. Celebrate each accomplishment, no matter how small, to stay motivated and inspired.

9. Embrace Continuous Learning

The equestrian world is vast and ever-evolving. Embrace the opportunity to learn from experienced riders, trainers, and peers. Attend clinics, read books, and watch instructional videos to expand your knowledge and refine your riding techniques.

10. Enjoy the Journey

Remember to enjoy the journey of becoming a better rider. Horse riding is not just about reaching the destination but about the experiences, connections, and personal growth along the way. Embrace the challenges, cherish the moments, and savor the bond you have with your horse.

By incorporating these 10 essential horsewoman notes into your life, you will not only improve your riding skills but also enhance your overall well-being.

Remember, it's a continuous journey of learning and growth, so embrace every step of it. Live well and ride better!



Horse Woman: Notes on Living Well & Riding

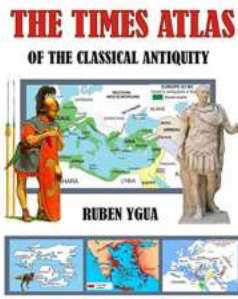
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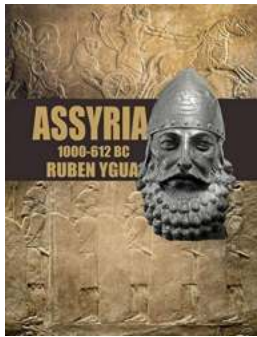


Lee McLean was born to ride ... and to write. In these pages, you will enter the world of a master horsewoman and ride with her through the seasons of the year, and the ages and stages of life. The stories come from a riding journal kept for over forty-five years, and the best of her Keystone Equine blogs. Distilled into one year, but made up of many, they reflect a life lived in the saddle. As much about human nature as about horses, this book will become a resource you turn to, again and again. It offers sound technical advice, paired with storytelling, humour and the gift of healing. “Destined to become a classic. I wish I’d had a copy when I was a girl.” – Adrian ‘Buckaroo girl’ Brannan, Author and Singer “She inspires us to be more in tune with our horse partners ... and quite possibly, to be better people because of it.” – Gary Rempel, 2009 Canadian Cowboy of the Year “Lee McLean is a friend and colleague who I consider to be one of the most knowledgeable women in the horse world today. She is authentic and common sense prevails, as you will come to understand, while reading Horse Woman.” – Cub Wright, 2008 Canadian Open Cutting Champion



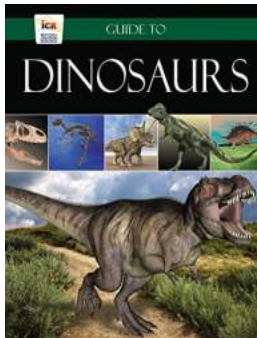
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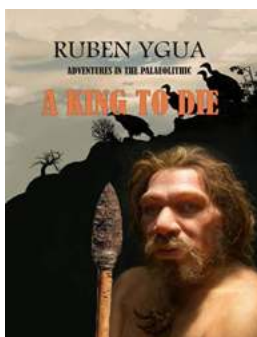
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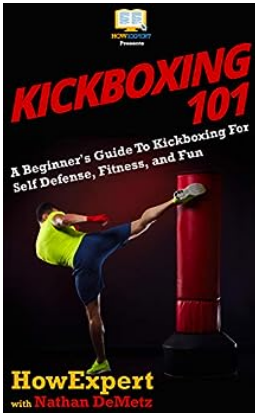
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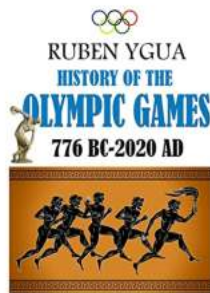
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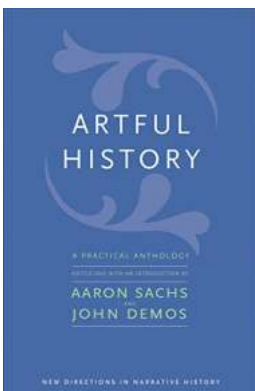
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