

Pine Knoll Offers Retreat for Horse and Rider

By Cat Canfield

I had one of the best horse weeks ever when I went to Pine Knoll Center for Integrated Horsemanship in Lexington, Ky. I have attended many clinics over the years but nothing like this. Farm owner, Gillian Vallis, has put together the most comprehensive “spa like” experience any horse and rider could have.

I have ridden in clinics here before. This experience was different in that they took me off the horse to address posture issues that affect how I influence my horse with my seat. I met Meriah Kruse, their Feldenkrais instructor, in her studio. Within a few sessions she showed me how to get spinal alignment and release locked muscles.

Instructor/Trainer Cathy Fox worked a few days with my horse to find any issues she may have. The majority of the issues found were balance and straightness. Because of my position being off to one side this created an imbalance with my horse. She took what she could feel and see with us both when riding my horse and worked with me on the mechanical horse, Harmony. I was able to get the feeling of how to influence the horse through my seat while staying centered.



Of course this week was not just for me but also my horse. I watched in amazement as equine physical therapist Kao Fisher worked with my horse’s body to reduce pain and increase range of motion so she could work more fluently under me. My horse also was visited by the dentist and saddle fitter working at Pine Knoll.

One of the great aspects of Pine Knoll is the Integrated Approach they have to Well-Being and Performance of both Horse and Human. Gillian has brought together some of the best in all fields of horse and rider mind and body work. Magnetics, laser, personal development, and things I don't quite remember the names of are all brought together to build a healthy horse and rider team.



At the end of the week, the horse and rider are reunited. Wow, was the first word out of my mouth when I got back on my horse. WE worked together in ways we had never done before. We were working as a cohesive team; not working against each other! I must also add here that I had the opportunity to ride in my old saddle then exchange it for one of the Pine Knoll saddles Gillian is introducing. Another Wow! I was amazed what a difference changing a saddle could make to my body and my horse's body.

This was one amazing week and I cannot express enough the change and overall great feeling I experienced here. This is a retreat every rider should experience if you value your horse and you want to ride to both your potentials!

There are two more parts of this experience I want to mention. I was introduced to a product called ASEA, a liquid supplement with more health benefits than you can imagine. I have suffered with several health issues this past year. After meeting with Meriah and some of her friends, I decided to try it. I have been drinking it right after my workouts (I am a distance walker) and within an hour I will feel like I

never even worked out. I suggest readers to check out the following ASEA website to see information on this product <http://teamasea.com/pineknollfarm>

Another person on Gillian's team is Dr. Bruce – Equine Chiropractor. He didn't work on my current horse, but he did on another horse of mine. All I can say about that experience is you have to see it to believe it. He can get into the mind of horse and speak its language.

I highly recommend all riders check the EquestrianLifestyleSolutions.com to find more information on their Riders Retreats and all the wonderful services offered. You will come away with a better horse and a much better you!

www.pineknollfarm.com

www.equestrianlifestylesolutions.com

