

“I had a hard look at myself and the expectations I had for Prima. I realized I was interested in doing demonstrations, but only if my horses and I genuinely reflected the quality and ease of advanced classical training. We simply do **not yet**. So, I backed out of the demo”



WEXFORD
TRAINING

Wexford Training

Dear Friends,

It has been a very hectic few months! My apologies for missing a month, but I am doing the best I can with all the various projects I have going. You know— life

Calendar updates

- Saturday, March 17
Baltimore, MD

Clinic: Individual clinic slots for horse and rider, open topics
contact: Sarah Wengerut at 410-977-7835 or Sarah@kwlandscaping.com

- Sunday, March 25
Sarasota, FL

Private lesson day: Individual slots available for lessons, shared lesson time also available.

Contact: Leslie at 941-378-2974

- Friday, Saturday, Sunday,
March 30, 31 & April 1
Palm City, FL

Saddle Clinic: BALANCE Saddle Clinic with Carol Brett

Friday: Lecture /Demonstration from 6pm to 9pm
Sat/Sun: Saddle consultations by appointment only
Location: Palm City Equestrian - overnight boarding

available

Contact: Kirsten at 561-252-3235 or

kirsten@wexfordfarm.com

- Saturday, April 7
Palm City, FL

Wexford Riding Club
Clinic: Special presentation on training rescue horses. Will be held at Equine Rescue and Adoption Foundation (ERAF). \$20.00 donation to ERAF requested, no need to bring your horse this time.

Contact: Kirsten at 561-252-3235 or

kirsten@wexfordfarm.com

- Sunday, April 15
Brooksville, FL

Private lesson day: Individual slots available for lessons. Contact: Paige Cool at 352-754-1759 or viking13@bellsouth.net

Clinics in the works

- Heber, UT
Riding clinic from Friday, June 15 through Sunday, June 17. Private lessons near Ogden on Monday, June 18 and Tuesday, June 19.

Contact: Sandy Smith at 801-560-2661 or sandra.smith@nurs.utah.edu

- Atlanta, GA

Was scheduled for March

24 & 25

***** THIS CLINIC HAS BEEN RESCHEDULED FOR LATE APRIL OR EARLY MAY *******

Clinic: to be decided as group or private slots, if interested please contact Nancy with your personal needs.

Contact: Nancy Faulconer at 239-777-6670 or nsfcloud9@aol.com

News updates

- Carol Brett from BALANCE Saddles International will be here to do a saddle clinic at the end of this month. Details are listed below, but I wanted to make a personal note about this clinic. I host Carol each year and I highly recommend her lecture/demo even if you are not in the market for a saddle. Carol has been a very important teacher of mine for several years and her wealth of knowledge is incredible. I continue to study with her as often as I can!

(In fact I will not be available for regular or new lessons from Thursday, March 29 to Wednesday, April 4 as

Continued ==>

I have some personal study time planned with Carol as well.)

I hope you are able to join us over this weekend for a learning experience in basic bio-mechanics of horse movement and how various saddle features affect the horse's movement. It is a fascinating lecture!!

Friday - March 30 - 6 to 9 PM

Palm City Equestrian on Highway 714

(Meet at the lighted arena in front of barn)

Palm City, FL

For anyone who would like a saddle consultation, this lecture must be attended. For those who just want information, all are welcome!

Cost: \$35.00

Saturday and Sunday - March 31, April 1 - 9am to 8pm

Palm City Equestrian

Palm City, FL

Saddle consultations are done by appointment only and run 1 1/2 hours each. You may bring up to 2 horses per consultation and overnight boarding as well as trailer parking is available at Palm City Equestrian. Turn outs are also available if you are arriving early for an appointment. Out of town participants will be accommodated as much as possible with AM appointments, but please contact me as early as possible to schedule a time. Local clients can be seen at their own farm for an additional travel fee per farm.

Pre-Booked Consultation with Lecture included: \$95.00

Cost after Lecture: \$75.00 (plus 35. Lecture fee)

Overnight board: \$35.00 per night

Farm call fee: \$15.00

Auditors are welcome, but please be respectful of Carol's time - and you may get put to work!

contact: Kirsten at 561-252-3235 or kirsten@wexfordfarm.com

Training notes

Just a very quick note on something I realized (AGAIN!!) about slowing down to make faster progress.

Like everyone else, I have little time for my own horses and way too many things to get done on my plate. Because this is my business, it is often the perception that my own horses must be the greatest. Well, they are not. Not only do I spend the least amount of time with my own horses, but my own learning process and mistakes are well reflected in my horse's abilities. I have spent as much time un-doing previous training mistakes as I have spent working on new training concepts or techniques. I have had Prima for 14 years, Pizano for 9 years and Mic for 7 years. They have been with me through huge changes in my own learning and are actually the catalysts for most of it!

Last summer I finally made a firm commitment to really spend time working with my own horses again - REGULARLY! Even if it is only 15 or 20 minutes, I do something with each of them every day (that I am in town). Although it is not much time, it has been paying off hugely. I just chip away at the things I don't want and keep working away at the goals I have. My horses are much happier and I am addicted to working with them again. It is exciting to finally see beautiful changes and watch my horses blossom into their potential.

I agreed, for the first time in 2 years, to do a demonstration with Prima at a horse fair this April. I have been putting extra time in with Prima and working steadily along towards demo quality stuff. At the beginning of March I began to feel the pressure of being ready for the demo. This is my busiest season and finding the time to work with Prima was getting harder as the date drew nearer. I like to think that the more I learn, the more efficient at training I become. I think that is true until it comes to my own horses. We have a history, we have patterns and we have to muddle our way through things too. Yes, I am getting much better results with them than ever before. Yes, I am getting the results more quickly and with more consistency. But some things just take time and effort and there is no short cut to changing bodies, balance and developing the strength and suppleness of beautiful and correct movement. It just has to happen in it's own time for each horse.

I had a hard look at myself and the expectations I had for Prima. I realized I was interested in doing demonstrations, but only if my horses and I genuinely reflected the quality and ease of advanced classical training. We simply do **not yet**. So, I backed out of the demo and will continue to dedicate more time to my own horses. At least the thought of doing a demo lit a fire under me to put more time in with my horses. At least I made tremendous steps forward in their training. But it will take it's own time. As soon as I took the pressure of myself, our work sessions got even better. We are still headed in the right direction and putting in the time and energy, but it is far more enjoyable to watch it develop instead of making it happen.

There it was again in my face - be disciplined, be focused, be aware of the horse's needs and ENJOY the process as much as the results!

Until next time,

My best regards,

Kirsten

Contact info:

Kirsten@wexfordfarm.com

561-252-3235 or 561-252-2884

www.wexfordfarm.com