



**Karen Scholl**  
*Horsemanship for Women™*

# the E-NEWS

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*Dear friends,*

If you wake up and your very first thought is about horses, you might be horse crazy!

If you call home from a trip and ask first about the horses... and then family, you might be horse crazy!

If you have more horse photos in your wallet/office than of people, you might be horse crazy!

If you're still not sure how you ended up with so many horses, you are for sure horse crazy!

By responding 'yes!' to more than one of these, it's best just to admit your affliction instead of living in denial.

Friends and family already know, and those that truly love us will understand and even find the humor in it!

I saw a bumper sticker that said, "When I die, please bury me near the barn so my wife will visit once in a while!" It's an understanding husband who's supportive even after 'until death do we part!'

Well, I'm in the same club, that's for sure! I cannot remember a time when my mind was not filled with dreams of horses; horse movies, drawings, Breyer models, posters, books and magazines filled my room.

Mom said if I'd had a horse as a child I would have slept with it! I still go out the last thing at night and sit with my horses... and I'm thinking of hauling a cot with me so I can just sleep there under the stars with him standing over me. Admit it – you've had this dream yourself, haven't you?!

By furthering our ability to communicate with horses, we deepen our relationship with them.

From one horse crazed person to another, enjoy this very special journey. There is

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## What is Leadership?

This word can have many associations, both positive and negative. If someone is quite timid, they may feel that leadership is being a big meanie, while another may think, "Sure, you and what army?"

Regardless of what your feelings are, the real consideration here is what is leadership... to a horse?

Many people believe that the stallion is the leader of a wild herd of horses, but the common term for the leader is the 'alpha mare'.

Though this may be a surprise, nature always makes sense. Because a younger and stronger stallion takes over the herd, the alpha mare is much more experienced in the leadership role.

When the herd is threatened, the lead mare moves towards safety. She doesn't wait around looking back to see if the others are coming... she just gets out of there fast. Because she has established her lead position in the herd, the others follow without question. If they don't move fast enough, the stallion drives from behind to help them keep up.

Because most people don't have the dynamics of natural herds, geldings can be dominant horses as well.

The important thing to know that that though you are not a horse, this does not mean that you are not perceived as a member of the herd.

You're in their 'game' whether you like it or not, and your horse has already determined what position you hold on the 'leadership ladder'.

It makes you think, doesn't it?!

The other important thing to know is that though you may have established your leadership position today,



nothing else like it on earth.

My other favorite bumper sticker is “If there are no horses in heaven, then I’m not going!”

Back in 1989, Pat Parelli said in a clinic that one day ‘natural’ would become ‘normal’, and that those in the early stages of this shift would “...stand out like a well finger on a sore hand.”

Parelli is definitely a man with vision, and because of the work of all the experts in this field, the once distant prediction is now emerging throughout the horse industry.

Thanks to everyone who has allowed me to be their coach, mentor or inspiration. It’s because of you that the horses are getting a better life and we are all enriched from the experience!

I am deeply honored to have the opportunity to contribute to this valuable effort.

*Karen*

## Free Video Download

If you’ve ever been frustrated when you couldn’t remember one of the little details you just learned at a clinic or off a video, you’re in for a treat!

Watch the web site for the new release of a brand new Safety Video that is FREE to download onto your computer.

I’m very excited about this video because I’ve had many frustrations myself trying to remember something I just learned, having to see it over and over until I ‘got it’.

By playing the segment as many times as you need, you’ll learn a variety of safety knots in a very short time!

If you’re like me, I want to leave this earth with the same body parts I arrived with! I hope you enjoy the information and please stay safe with horses.

tomorrow is a whole new day with new possibilities, and the horse is driven by nature to continue to move up the leadership ladder every chance they get!

One of the key elements to leadership is establishing your boundaries. When a horse comes into your personal space uninvited, this does not mean that they like you, unlike what it would mean if a puppy, kitten or child does this.

In fact, this behavior means that they don’t view you as a leader because they would never even think about invading the personal space of the lead mare uninvited.

This small but significant message is very powerful for horses. Though it’s not intentional, it’s amazing how rude many people have taught their horses to be.

This becomes our greatest challenge with horses; to treat them as a horse would prefer to be treated, not as we would want to be treated.

Now that you are aware when the horse enters your personal space uninvited, use rhythmic pressure to cause this to be uncomfortable, instantly releasing the pressure as the horse moves away.

Swing a rope, wave your arms, jumping jacks... anything that a horse would not enjoy being too close to.

Some horses will be very persistent about remaining in your personal space, after all, we’ve told them to do this for a long time!

If you remain consistent in your expectation of staying out of your personal space, you’ll notice a different look from your horse. They actually appear more relaxed and confident.

This is a natural response when they feel a leader is present.

Your horse will view you differently and have a true attraction towards you in your newfound leadership position. Everyone wants to be promoted into a position of leadership, but as with everything in life, it has to be earned. Horses will never just give it to you, even for all the carrots in the world!

The most amazing aspect of leadership is that horses are naturally attracted to leadership.

This becomes apparent when horses call and fret when the dominant horse is pulled out of the herd to go on a ride.

We’d think they’d all be glad to get a break from all the ear-pinning and nipping he/she does all day long!

As your position on the ‘leadership ladder’ moves up, you may experience improved communication in other areas as well. After all, why should a horse give their best effort to an individual beneath their status?

I could go on and on, but I’m sure you get the idea. Now that you know more about what you’re looking for, any horse crazy person will enjoy discovering a new way to communicate with horses...

... the way horses do!

## Clinic Format Change

After many years of teaching clinics, I’ve experimented with a variety of formats.

Two-day clinics present a huge amount of information in a very short time, while three-day clinics can leave people with “brain blisters.”

The new format I’ve been using has had great reviews, and expect to continue through the year (unless, of course, a better idea comes up!).

Friday, Saturday and Sunday is the clinic length, with a Foundation Group

## Horsemanship for Women Success!

I'm having great fun applying my many years of study and teaching to a format designed specifically for horsewomen!

Horsemanship For Women is experiencing great success simply because it addresses the issues many women face with their horses.

Thanks so much for your positive feedback and support!

*"Karen is a talented, experienced horsewoman with a fantastic aptitude for teaching horses and humans to interact safely and harmoniously. She is down to earth, often hilarious, and always easy to understand. Karen has knack for considering the various learning modalities of the class members and building confidence in them. I never once felt that she asked me or my horse to attempt any activity that would lead us to fail. If we were struggling with a concept, she knew just when to assist."*

*Marcia N., Prescott, AZ*

Enjoy the journey... Marcia is!

*Karen & Gherkin*

in the morning session and an Advancing Group in the afternoon.

Each group is encouraged to audit the other session, giving time to observe and consider applying the same principles at yet another level.

The Foundation Group can observe where the basics of communication are going to take them, while the Advancing Group gains an even greater perspective by watching some of the challenging horses in the Foundation Group.

I hope you enjoy the new format... it's all about your having the most successful learning experience possible.

## Leadership-Confidence-Trust

I was very honored when I was invited to give a horsemanship demo for a group of young women at the State of Arizona Juvenile Detention Center.

As some of you know, I am personally interested in taking 'Horsemanship for Women' into the penal system.

As these young women learned about Bergante's background as being labeled a 'difficult' horse and Gherkin's challenge trusting people again after a bad experience with a groomer, there was a feeling of compassion and understanding.



The important message is that when we learn how to establish leadership, build confidence and gain trust, there is a sense of empowerment and purpose in our lives.

Animals are very special in that they don't have an agenda, care what you look like or what you've done. They only care about how you are interacting with them in that moment.

I feel honored to have been invited to bring new insights to a challenging environment, and it's my hope that this message of hope and inspiration reached some of the young women in a way that will empower them to create what they truly desire to have in their life.

A special thanks to Bergante and Gherkin for being such great support to bring this special message of hope to these young women.

## UPCOMING EVENTS

May 3–8  
Advancing Camp  
Location: Aguanga, CA

May 12–14  
Foundation & Advancing Clinics  
Location: Bakersfield, CA

June 16–18  
Foundation & Advancing Clinics  
San Miguel, CA

June 23–25  
Foundation & Advancing Clinics  
Lincoln City, OR

July 1-3  
Foundation & Advancing Clinics  
Arlington, WA

Check Karen's website for updates



### Stay in Touch!

By logging on to the web site [www.karenscholl.com](http://www.karenscholl.com) to get more details on these topics, and more!

## Bumblee Camp Grads

It's not the average person who will load up their horse and make their way to a six-day horsemanship camp, and these graduates were no exception!

I deeply admire people who are committed to learning to become even better communicators with horses.

My greatest reward is seeing each person progress with their horse. It's never about what I can do with a horse... it's about what I teach you to do!



Happy campers!

These are the types of camps that the learning continues well after the camp is over. So many concepts, strategies and techniques are introduced and practiced, but like I said in camp, when you're home and it's just you and your horse is when the greatest learning occurs.

To a very special group of people and horses: Thank you for allowing me to coach you through this experience!

The next camp is an Advancing Camp in in

Aguanga, CA, May 3–8 and Flagstaff, AZ in August. Log on to [karenscholl.com](http://karenscholl.com) for more info.