

Gale Falcongreen

Horsemanship & Equine Assisted Therapy

"A break away from the everyday"

NEWSLETTER

A WORD FROM GALE:

Things are still very dry, and like everyone else we are praying for rain. We are doing it a little tougher, and one of our dams has dried out for the first time. Our thoughts are also with all our friends in the bush, who are struggling in the drought.

"A man on a horse is spiritually, as well as physically, bigger than a man on foot."

John Steinbeck

WHAT'S ON?

- **A Word from Gale:**
 - Hear about what's been happening on the farm.
- **Kym: our newest coach:**
 - Read a bit about Kym, in her own words.
- **A new course on offer:**
 - Details on a new course on HorseWomanship, by popular request.
- **An Update on Storm:**
 - Wondering where Storm has been?

I'm over the jet lag, but still missing South Africa! I hope one day to be able to do my equine therapy and horsemanship work there a few months every year. Next month we'll have a new horse, more information coming, so watch this space.

All the staff are undergoing training and personal development, to make sure our coaches are more skilled than ever, and continue to advance within our somatic riding philosophy. My son Blake is now office manager.

He's in his third year of a Bachelors of Commerce and Economics at UQ. Welcome to the team, Blake. Some of you may have seen our new coach Kym around. We are so delighted with her work, and you can read a bit more about her further in the newsletter. As always, a big thank you to our wonderful staff and valued clients.

Looking forward to another great month, and happy trails!
Love Gale.



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NEW STAFF MEMBER:

WELCOME TO THE TEAM, KYM

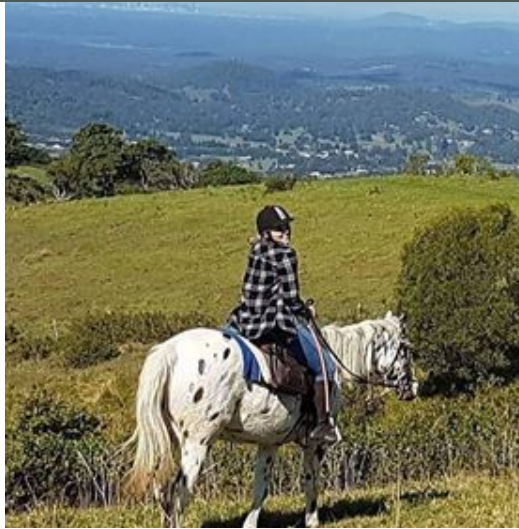
Those of you who have already met Kym will know what an asset she has already been to our little farm. Here's a bit about her, from herself:

I was 10 years old when I fell in love with horses, obsessed with the saddle club and all things horsey. I did everything I could to be around horses before I was able to have my own, including leading around my nieces and nephews on their little ponies, going with friends just to feed their horses, watching movies and

"That's one reason that I love coaching – to have the chance to teach others and encourage them to build connection and trust with horses."

instructional videos, reading books – anything I could think of.

With my first full-time job came my first horse, unfortunately I was unprepared and a lot of things went wrong. That's



one reason that I love coaching – to have the chance to teach others and encourage them to build connection and trust with horses, and to help them build a solid foundation of skills that will hopefully keep them safe wherever their love of horses takes them.

I have been working for two and a half years as ride instructor, and have had the opportunity to work with many horses and people. I've been able to speak with a



huge range of riders from different disciplines and with different approaches to horsemanship, I am always eager to expand my knowledge. Working with Gale, I am learning about a new level of connection and relationship with our

4-legged friends, horses that want to work with us, rather than against us or out of fear. It is truly beautiful.

My partner, Sam and I have a 5 year old son, Eli who started prep this year, we share a love of all animals and our house, clothes and pretty much everything else is always covered in dog or horse hair. Of course, we wouldn't want it any other way. My experience as a mother has definitely come in handy working with kids, and I feel so proud and excited when kids (and adults too) reach a new achievement.

I look forward to improving my riding and myself in this exciting next stage of my employment and my life. When working with horses we often learn more about ourselves than we do about the horse, I welcome this and know that I couldn't ask for a better environment and team to work with. I look forward to meeting everyone and being a part of the journey.

Kym

A NEW COURSE ON OFFER

Somatic HorseWomanship Course: level 1

This new course will be run weekday mornings. Please contact Gale for availabilities and times, and a more detailed course outline.

Week 1: Understanding horses as the prey animals they are. Delving into the herd dynamic and consciousness. Goal Setting.

Week 2: The basics of ground work, and liberty work. Centering: physical – mental – emotional.

Week 3: What helps and what hinders learning? Moving meditation.

Week 4: Groundwork under saddle. Meeting your horse where they are at, physically and mentally. A fresh, somatic approach to riding.

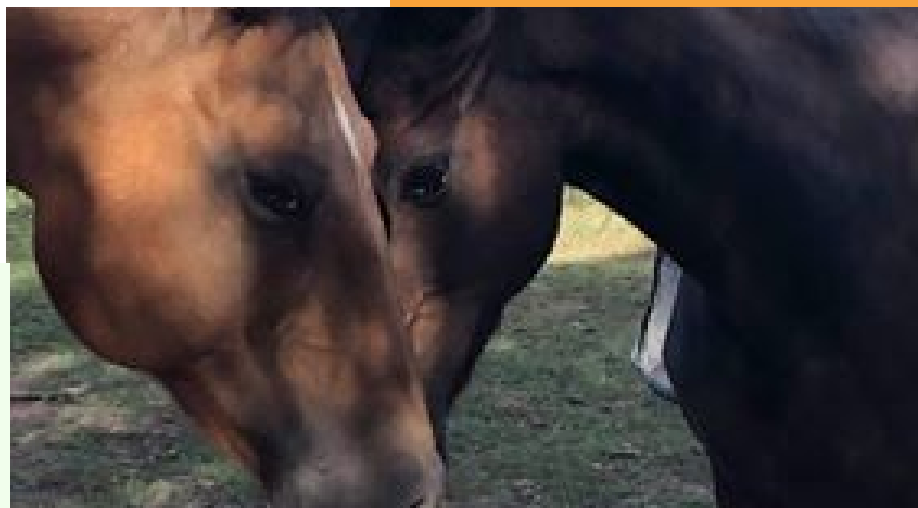
Week 5: Mechanics of motion. What do YOU want to achieve? Understanding gaits and movement.

Week 6: Putting it all together while on the trail. The wisdom of the herd.

If this interests you, please get in touch.

UPDATE ON STORM

Our much loved senior mare Storm is home with the herd again. After a wonderful few months out to pasture, we had started missing her too much. After giving us such a fright, she has put on weight, and has a new zest for life. With a lot of love and care we hope to have her beautiful presence with us for as long as she is happy and pain free.



"HORSES LEND US THE WINGS WE LACK"

- Pam Brown

You become.
It takes a long time.
That's why it doesn't happen often
to people who break easily,
or have sharp edges,
or who have to be carefully kept.
Generally, by the time you are Real,
most of your hair has been loved off,
and your eyes drop out
and you get loose in your joints
and very shabby.
But these things don't matter at all,
because once you are Real
you can't be ugly,
except to people
who don't understand.

- Margery Williams

