

# Book Barn



Farah DeJohette Instructional  
Horse Training Videos  
Farah DeJohette  
2009-2010, starting at \$1.99 ea.  
to download  
Available at: [www.fdhorsestraining.com](http://www.fdhorsestraining.com)

Reviewed by Carol M. Upton

*"In the end, horses have been the greatest trainers I've ever had. In fact, most of the things I learned about life, I learned in the presence of a horse."*

— Farah DeJohette

Farah DeJohette has an approach, which she calls "integrative horsemanship," a blend of natural horsemanship, dressage foundation training and balanced seat riding. DeJohette's methods encourage the horse to follow the trainer with mind and heart. She offers riding and training instruction in person and now through a new concept — downloadable, on-demand videos specific to the rider's needs. Take these short lessons along to the barn on a phone or ipod and discover how everything you do with your horse can flow more easily.

The *Yield of Forequarters* video I chose to view first is an excellent one for use with all horses, but particularly in dressage and reining. DeJohette teaches the execution of a relaxed pivot. Using basic, practical language, she discusses building competency with each exercise to progress to the desired result.

*Steering Techniques to Harmonize with Your Horse* provides a lesson on the use of your core and eyes to "steer from your body" and assist your horse in balanced turns. Exercises are kept simple, with clear instructions on when to use aids to augment the bodywork.

The third video I looked at was *Neck Strap Exercise*, more advanced for the rider who is teaching collection and preparing for bridleless riding. DeJohette recommends having a good foundation in liberty work before proceeding to this training, which involves a series of walk-halts, so that the horse learns to follow the rider's body.

These videos offer a unique, eco-friendly way for equestrians to choose particular topics from an extensive list that includes liberty, ground training and jumping. They are perfect tools for those who wish to extend their learning beyond lessons they are taking or who cannot readily access a trainer. 🐾

*Farah DeJohette's talent in over 20 years of competitive horse training makes her a uniquely skilled trainer. She offers lessons, training, virtual coaching, videos and bitless bridles at [www.fdhorsestraining.com](http://www.fdhorsestraining.com)*

Opening to Consciousness with  
Relationship Riding  
Barbra-Ann King  
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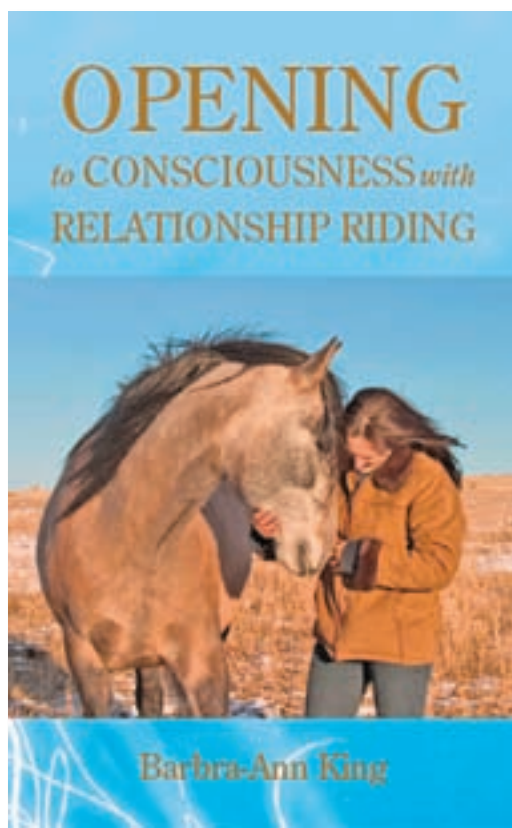
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Whether just starting out or steeped in years of experience, you can dramatically improve your relationship with your horse through the principles outlined in this book. Barbra-Ann King has seen many horses physically abused with traditional riding methods based on domination. Here, she explains how these old techniques give a horse no reason to trust the rider. She offers a shift in consciousness, demonstrating how to have a horse that responds from willingness and harmony, not fear, pain or discomfort.

King begins with a surprisingly informative history of horseback riding, when horses were originally ridden bareback and bridleless on battlefields. Along with the increased use of horses for recreation and sport and the addition of tack, bits and spurs, negative reinforcement and exploitation developed. King's somewhat unconventional philosophy sees relationship as an ongoing journey into awareness and authentic leadership rather than a quick fix for winning a ribbon. She encourages the rider to move away from dominance and listen instead to what the horse communicates in a given situation, stressing that each horse responds uniquely to each handler.

Chapters include focus on intent, a detailed comparison of "natural horsemanship" versus "relationship riding," a look at equine personality types and an excellent section on bitless bridles and treeless saddles, along with concepts of learning and teaching with horses rather than "training" them. This book is not a recipe but an opportunity, promising a way to achieve the ultimate horse-human partnership that so many riders seek. 🐾

*Barbra-Ann King started her journey with horses over 30 years ago. She offers specialized workshops, private lessons and weekend retreats from her home in Cochrane, AB, where she founded the relationship riding method. Visit Barbra at: [www.relationshipriding.ca/](http://www.relationshipriding.ca/)*



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