

Inspiration abounds at the 2009 Holistic Horse Fair

by Heather Kitching

The third annual Holistic Horse Fair in Brooklyn, Wisconsin lived up to the mission stated on the welcome banner shown below: "Where you can Get Informed, Get Answers, and Get Inspired!". Photos taken by photographer Jeff Strand tell a couple of the stories that unfolded at this year's event.



The littlest presenter...

Effective and respectful horsemanship was demonstrated by presenters of **all** ages. In the sequence of photos below, ten year old Hannah inspires the crowd as she skillfully plays with 'Crystal' on line, at liberty, and riding bare-back with only a rope halter.



Experiencing Equine Guided Coaching...

Beth Peterson, a certified life coach, and an equine volunteer team up to guide Susan Peterson through an issue that has her feeling 'stuck'. Beth utilizes the mare's tendency to respond expressively to Susan's shifting emotional state to help guide the coaching session.



Left: the mare nuzzles Susan as she engages in a breathwork exercise. A few moments later an emotional release by Susan triggers the mare to enjoy a release (yawn) of her own (below).



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