

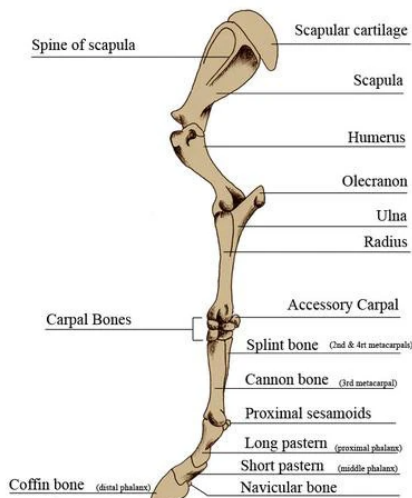
MINDFUL MINUTE

THE EQUINE FORELIMB | STRAIGHTNESS | TOP 5 HORSE MOVIES

The Equine Forelimb

Horses have slowly evolved into the magnificent creatures they are today. For example, the horse initially had four functional toes. Even more, before their evolution, horses were about the size of a fox. Can you imagine – tons of tiny, four-toed ponies running around?!

Nowadays the horse stands on the anatomical equivalent to the human middle finger. With 2/3 of the horse's weight on the front two legs, which definitely explains why the horse is prone to ailments and lameness.



Straightness

Straightness must come from your body before you can ask the horse to get straight. While you're riding, take a moment to re-align your head over your torso; and your torso over your seat and legs.

Do this by imagining there is a small piece of string rising out of the very top of the crown of your head. Now try to point your belly button straight ahead like a laser. Align that imaginary laser with a laser shooting out of the tip of your nose. The two lasers should be parallel to each other as well as the ground below you.

Straightness is also achieved by doing exercises that laterally manipulate the different sections of the horse's body (e.g. haunches in and out, and shoulder in and out).

Practicing lateral movements allows you to encourage your horse



TOP 5 HORSE MOVIES OF ALL TIME!

If you are still practicing social distancing, then you might be in need of some new horse flicks to keep you entertained! Well, grab some popcorn and something sweet because here are my Top Five Horse Movies Of All Time...

5. Spirit Stallion of the Cimarron

This animated classic really tugs at the heart strings.

4. Hidalgo

An action-packed adventure that will capture your attention with scenes of horses galloping across the desert.

3. Secretariat

Well done videography by Disney, with a fun, tumultuous story line.

2. Seabiscuit

Oh my gosh I cry every time I watch this! The acting is amazing and tbh this one gets my vote for Best Underdog Story too!

1. National Velvet

The GOAT – Elizabeth Taylor and Mickey Rooney star in this absolute masterpiece.

to walk on a straight track. If they start to let their haunches or shoulders fall in or out of their body's midline, you can appropriately apply pressure to re-align the section of the horses body that has been lost in movement. Don't be afraid to shut your eyes and really evaluate the different parts of your body. While doing this body scan, you can get yourself straight in the saddle before you ask your horse to be straight underneath you.

Summertime in The Barn

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H	U	R	L	P	W	J	R	E	E	S	K	U	G	B
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U	U	U	V	B	C	R	E	U	H	S	B	I	G	W

BALANCE
COFFIN
NATIONAL
SECRETARIAT
VELVET

BONE
HIDALGO
SCAPULA
SPIRIT

CANNON
HUMERUS
SEABISCUIT
STRAIGHTNESS

