



## SMILE Horsemanship in brief

SMILE Horsemanship is an approach to horse life based on respect, understanding and presence. The concept was originally created to help children understand horses better. It has since become incredibly popular with both children and adults because SMILE makes it easy to remember what horsemanship is all about.

With SMILE:

- you achieve greater understanding and better communication
- you will be more focused and present
- you experience less frustration and more joy

– all of which creates optimal conditions for handling, training and riding, regardless of whether you are just starting out, slightly experienced or very experienced, and regardless of equestrian disciplines.

On page 2 of this flyer, you will find more information and the popular SMILE illustrations with Braveheart. More knowledge, inspiration and free downloads are available online. Just visit [braveheartsworld.com](http://braveheartsworld.com)

May you always SMILE  
Camilla



*HorseMama*

BODYWORK & HORSEMANSHIP

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# SMILE Horsemanship

## See

### **S** is for "SEE"

Look at the horse – what do you see? Does he or she look healthy? Is he or she moving correctly? Notice body language. Look at what is around you – also through the horse's eyes. Be focused on the horse and on what you are doing together.



## Mind

### **M** is for "MIND"

Be mindful. Notice how you sense the horse is feeling. Is he or she happy or sad? Relaxed or tense? Notice how you feel. Are you relaxed, calm and happy? Feel the horse's body and be mindful of lumps or bumps, wounds and insect bites.



## Inspire

### **I** is for "INSPIRE"

Be an inspiration to the horse. Do stuff both of you think is fun to do. Praise the horse – often. Also be a good inspiration for others at the stables – have a good time and help each other out.



## Listen

### **L** is for "LISTEN"

Listen to the horse's signals and show the horse that you listen and respect him or her. Listen to your gut feeling – it is always right. Listen to other people – be open and learn from those who have more experience than you.



## Ease

### **E** is for "Ease"

When doing things with your horse, i.e. leading, training and riding, do so with ease. Be gentle and careful. Make tasks easier if they are too hard. And be sure to show the horse direction using only the needed amount of pressure. Move with and around your horse with ease.

