

HEELS Down *Discovery*®



Welcome to HEELS Down Discovery®



I'm Heather Beachum, I'm a Feldenkrais practitioner, and I've put this workshop together for you.

This Workshop builds on what you gained in your Even Stirrups® workshop so if you haven't gone through that yet, stop right here, head over to Even Stirrups® and go through that first.

If you have finished the Even Stirrups® workshop you set to go, watch the videos in order, then complete the guidesheet for each session.

Taking a few minutes to do this will greatly help in integrating the movement theory and riding skills you gain.

Enjoy!

Heather

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PART 1

1 What is your biggest takeaway about what *HEELS Down* is and what it isn't?

2 What stood out for you about the movement lesson?

3 What are your thoughts about being able to make positive changes to your riding in just a few minutes?

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PART 2

1 What word best describes the difference you felt between the memory of a ride where you were with your horse & one where your ride wasn't going as hoped?

2 Did the 1 originator of *HEELS Down* surprise you? If not, why? If so, how?

3 What are your thoughts about being able to make positive changes to your riding in just a few minutes?

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PART 3

1 Has your idea of 'riding elegantly' shifted? If not, why? If so, how?

2 In the video, what stood out most for you?

3 How would you explain 'heels down' to another rider now?

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PART 4

1 How do you see this session helping you in your riding?

2 How did the movement lesson influence your posture?

3 Describe how a 'balancing rhythm' feels to you?

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PART 5

1 Did this 'movement' lesson surprise you in some way? If not, why? If so, how?

2 What stood out for you about the movement lesson?

3 What are your thoughts about being able to make positive changes to your riding in just a few minutes?



HEELS Down Discovery

WITH OR WITHOUT HORSE RIDING SESSION

Welcome to your *With or Without Horse Session*, where you'll connect the arches of your feet to your sit bones and center of gravity to find and feel a balancing rhythm in your HEELS Down.

This *With or Without Horse Session* is designed to do after you have completed the HEELS Down Discovery Workshop. So if you haven't gone through that yet, stop right here, and do that first.

If you have completed that workshop, you're good to go!

You can enjoy your *HEELS Down Discovery With or Without Horse* as a mounted session and/or a pre-ride visualization. Either way delivers the benefit.

If you choose to do this session *With Your Horse*, here's what to do to get the most out of your lesson:



Download the audio onto your device, and bring your device with you on your horse,



Be on your horse in a place you feel safe, an arena or field, whatever works for you and your horse,



Begin your session at a halt and, if possible, on a loose rein,



The first time through the session, no matter what level of rider you are, do so at the walk. Once through, feel free to revisit the session it in the trot or canter.



After your session, answer the 3 short questions the follow these instructions. Making a note of your observations is an enormous contribution to your success.



Share your takeaways in the Facebook group. We'd love to celebrate your wins!

If you choose to do this session *Without Your Horse*, here's what to do to get the most out of your lesson:



Listen to the session on the membership site or download the audio onto your device,



Be in a place you feel comfortable in, seated on a stool or chair with a hard surface or firm cushion, start the audio and close your eyes,



After your session, answer the 3 short questions the follow these instructions. Making a note of your observations is an enormous contribution to your success.



Share your takeaways in the Facebook group. We'd love to celebrate your wins!

However you choose to participate in the *With Or Without Horse Session*, most importantly of all, enjoy how much you *A.C.H.I.E.V.E.D.* not by trying hard, but by doing *less*.

1 What changes did you notice in your riding from the beginning of the session to the end?

2 What changes did you notice in your horse from the beginning of the session to the end?

3 How has your *HEELS Down Discovery*© most influenced your riding?



*Many congratulations for seeing
your HEELS Down Discovery
training through:)*