



THE 5 KEYS THAT MAKE
EQUESTRIAN TAI CHI®
A TRANSFORMATIONAL
PRACTICE

*When your energy flows smoothly,
your horse senses it, and is drawn more to
wanting to connect with you.*



My name is Jenny Pim, I'm a Certified Riding Coach registered with Horse Sport Ireland and a Certified Tai Chi Instructor registered with the Tai Chi Union for Great Britain.

I've been teaching Tai Chi since 2002 and I'm the Founder and Creator of Equestrian Tai Chi®

I focus on helping riders to learn more about their energy, to benefit themselves and their horses using the practice of Equestrian Tai Chi®



The Taoists knew a thing or two and were the most highly educated and elite people in one of the earliest civilisations in the world.

They discovered that the most important thing for us to have, to live a satisfying and productive life, is to have balance, to have balance in our emotions and in our energy and in our thoughts, and also to be physically balanced.

They invented moving practices to help us achieve this, as of course all of our energies are in our body, from the densest physical energy to our higher spiritual energies.

Equestrian Tai Chi® is based on this premise and on one of those practices.



DID YOU KNOW....

Did you know that it's possible to have a dynamic interconnected partnership with your horse when you're riding, and that you can learn to actually feel your internal energy or chi flow inside you, in harmony with the movement of your horse? and that you can learn to give aids from a subtle energetic space inside you that your horse can tune into, and easily understand?

I know that sounds crazy because we're so used to thinking of giving physical aids and thinking that having a good partnership with our horse means having a good emotional bond, and while these things are very important, and as beneficial as they are, there's something very special that I love to talk about, and that I want to share with you today, so today I'm going to share the 5 keys of Equestrian Tai Chi with you, that are going to transform and revolutionize the way you think about your's and your horses partnership and your riding experience together.

I'm Jenny Pim, I'm a Certified Tai Chi Instructor registered with the Tai Chi Union For Great Britain and a Certified Riding Coach registered with Horse Sport Ireland, and I help riders and their horses to connect in harmony and deepen their partnerships through the practice of Equestrian Tai Chi, and not only that, I'm really passionate about educating people on the truth about their Chi or energy, as there's a lot of misconceptions about it.

But I'm here to help you, to help you learn about your energy so can balance it, and learn to connect with it, and to help you help your horse, so your partnership can thrive.



WHAT IS EQUESTRIAN TAI CHI?

So what is Equestrian Tai Chi?

Equestrian Tai Chi is Tai Chi that I developed for performance on horseback.

Horses really enjoy it when their riders practice, it helps them to be calm and relaxed and it draws them more to want to be with their rider, because it makes the rider's energy very smooth and very easy for the horse to be with.

And I'm going to share the 5 Keys of Equestrian Tai Chi with you, about how it affects you horse, and affects you and deepens your partnership together how you can connect with your horse in dynamic ways that you might not have imagined.

Now before you turn away and stop reading, I know what you're thinking...

That sounds crazy!

Or I don't have time for this.

Or I already do energy work, I don't need this.

Or my horse doesn't need it.

Or this is just a relaxing exercise, I don't need that...

- I have developed something, where you can spend just five or ten minutes a day practicing on you horse that will make a big difference in the balance of both of your energies, and your awareness of it, and your partnership together, and will give you the skills to literally elevate your riding experience to a different level.



MANY OF US HAVE BECOME DISCONNECTED FROM ENERGY

The tricky thing is that many of us have become disconnected from our energy, and we're often so busy, that there's no time for us to take care of our energy and have balance in our lives, and this can lead to overwhelm and we can just tune out of ourselves on the inside, in trying to get things done on the outside.

This affects our energy badly, and it furthers our disconnection from ourselves. But our horses deserve us to be balanced, and they deserve us to be connected to ourselves, because that's the only way to form a true partnership.

And another thing is, people are not aware to the extent that their horse is sensitive to energy, and affected by it. Equestrian Tai Chi gives him a medium through which he can express and show us his energetic talent.

So without further delay, I'm going to share the 5 keys that make Equestrian Tai Chi a transformational practice that will deepen your partnership with your horse and will literally elevate your riding experience to a different level!



EQUESTRIAN TAI CHI PRACTICE BALANCES OUR HORSE'S ENERGY

The First Key is that Equestrian Tai Chi practice balances our horse's energy.

It's a practice that's as much for the horse as it is for us. Horses visibly relax even more than their riders during practice! They lower their heads, they lick and chew and they often rest a hind leg!

Many of our horses suffer from stress, even more than we might think, and even if we're keeping them as well as we can, with plenty of turn out, other horses for company, food and shelter, clean water and exercise, they still don't have the autonomous freedom of wild horses, who can spend the whole day doing just what they want, grooming each other, wandering freely looking for food, and investigating their terrain and making decisions on it..

So though we're doing the very best we can for our horses, even just not being able to do freely the things that wild horses do, can cause our domesticated horses stress - or they can just tune out and become withdrawn.

What happens is they lose their connection to the intuitive part of themselves inside that is wild and free.

So how can our practice affect our horse?

When we practice Equestrian Tai Chi, we're very close to our horse, we're sitting on him and as the energy flows in us, with our practice, it also flows in our horse.



EQUESTRIAN TAI CHI PRACTICE BALANCES OUR HORSE'S ENERGY

This is not uncommon to feel or to happen when I used to teach members from the National Council For The Blind in Ireland, they would tell me that they could feel an energy flow in them in their body that was created by the person standing next to them who was performing the movement, though they themselves were standing completely still.

And when I was in Crete at a seminar a while ago people said the same thing, they could feel a flow of energy in them created by the person standing next to them.

So as we practice on our horse the chi flows through all the different layers of the horse's energy, physical, energetic emotional and mental and including their higher vibrational more spiritual energies. And this balances the different layers of their energy, and brings them together in harmony, making the horse feel more coherent inside.

And it allows them to reconnect to the intuitive energy of themselves inside that is supportive to them, that makes them feel safe, that's not overly focussing on danger and what to look out for next, or that hasn't become withdrawn and without hope.

When we practice Equestrian Tai Chi on them, their energy flows smoothly again and they can let go of the tension they're holding and come back to base with themselves and feel relaxed and secure in their own body and energy again.

Horses are very spirited animals. It's their natural state to flow with life and freedom, but they also love to connect, that is part of their make up too, it's part of all of our make-ups.



EQUESTRIAN TAI CHI PRACTICE BALANCES OUR ENERGY

This brings me to the Second Key, which is when we practice on our horse, not only do we balance the horse's energy, of course we also balance our energy.

This makes our energy very smooth and easy for the horse to be near, and our horse is more drawn to wanting to be with us.

As we practice Equestrian Tai Chi, the Chi flows through the different layers of our energy, though our physical body, energetic, emotional and mental and more spiritual energies bringing them all together in harmony, so we feel more coherent inside too.

When our Chi energy is cultivated this way in our practice, it becomes a nurturing energy, and this gives it the ability to balance the horse's energy. It also has a beautiful quality that horses can easily sense.

The different movements of Equestrian Tai Chi create specific energy flows in us that bring the energy to the parts of the body that is needed for it to have good health.

When we practice on the horse, because we're so close to him, the movements we make create a flow of energy in the horse, that he can feel, it's likely the horse can also feel the flow that is created in us by our actions, even if we can't feel our Chi moving inside us yet.

Horses have shown many times how they can feel this chi flow in riders, by the way they turn to look at the rider's foot, or touch the foot when the energy flows there. They can sense inside us.



EQUESTRIAN TAI CHI PRACTICE BALANCES OUR ENERGY

As our energy is balanced with our practice, it makes us more stable and centered and calm, an ideal companion for a horse.

One of the reasons for this is that two of the main ways that Chi flows through the body, are through the nerves, through the nervous system and through the fluids in the body, so our practice calms our nervous system and it regulates our blood pressure, helping us to be calm and relaxed and helping us with our confidence riding.

It also promotes the smooth flow of fluid in our spine and to our brain, helping us to make good decisions.

As our energy refines and develops with our practice, we also increase our awareness of our Tiantien and our ability to be centered.

When we can be centered ourselves, the horse naturally becomes more focused and centered on us, and is less distracted by other things going on around him.

All of these things are important because they mean that we're being responsible about our energy and how we are, and we're putting ourselves in a good position for it to be easy for our horse to want to be with us and want to cooperate with us, making it easier for us to manage our horse and safer.



EQUESTRIAN TAI CHI PRACTICE HAS MANY BENEFITS FOR RIDING, BOTH PHYSICAL & ENERGETIC

The Third Key is, that Equestrian Tai Chi has many benefits for riding, both physical and energetic.

It makes the rider's body a very easy body for energy to flow through increasing the dynamic interactive energetic connection we have with our horse when we ride.

Tai Chi and Equestrianism have many similarities and share many of the same principles, there's even a 'Horse Stance' in Tai Chi!

Equestrian Tai Chi improves balance and posture, it improves core stability and coordination and it helps to make us more aware of what is not equal and to correct it.

It improves sensitivity and feel, and it helps the rider to have an independent seat.

It increases body awareness, of what is stiff, and what we're not able to feel, and where we're holding tension.

And it relieves tension and stress and makes our body an easy body physically and energetically for our energy to flow through, and an easy body for the horse to carry.



EQUESTRIAN TAI CHI PRACTICE HAS MANY BENEFITS FOR RIDING, BOTH PHYSICAL & ENERGETIC

We also learn to put elements in place that make us energetically connected inside so energy can flow easily in our spine and through the energy channels in our body.

We put our body in the optimum framework for energy to flow through us without being blocked.

Because our energy flows constantly from us to our horse and our horse back to us, so the smooth regular flow in us, greatly enhances our horses ability to go in a regular relaxed rhythm.

This is important because energy can flow through as one united partnership, and we're reducing ways that we might have been restricting the horse .



YOU CAN LEARN TO FEEL YOUR CHI MOVE INSIDE YOU IN HARMONY WITH YOUR HORSES MOVEMENTS

The Fourth Key is that, as your energy opens and develops with the Form practice and the internal energy work of Equestrian Tai Chi, you can learn to feel your Chi move inside you in harmony with the rhythm of your horses movements.

When we're sitting on our horse, as he moves, the actions he makes create a flow of energy in us, and it's possible to develop and awaken your energy so you can access it, and learn to connect with it, and feel it flow inside you in harmony with your horse.

Through the Taoist Methods that I'm trained in, I can teach you this, so you can actually feel it in a concrete way.

Feeling your chi flow in harmony with your horse like this is transformational.

We also know then that we're energetically in sync with the rhythm of our horses movement!



YOU CAN LEARN TO GIVE SUBTLE ENERGETIC AIDS THAT YOUR HORSE CAN EASILY UNDERSTAND

The Fifth Key is that as your energy opens and develops through Equestrian Tai Chi, you can learn to connect to your energy system as it opens up inside you, and your horse can tune into this, and you can learn give energetic aids that your horse can easily understand.

Horses are so much more sensitive to energy than we are, and when we learn to connect with our energy, we realise that they don't need any training to follow us they already understand what we're trying to communicate to them. Perhaps in a way they've been waiting for us to catch up!

So by not developing ourselves in this way so that our horses can communicate and connect with us, we miss out on a big part of what's possible in our connection with them.

This is transformational because then we know the horse is listening to us on a deeper energetic level and can read inside our bodies.

We are connected energetically and our horse is aware of what we're communicating to him from inside of us, he is listening to our energetic aids and following them.!



EQUESTRIAN TAI CHI IS BASED ON TAI CHI AND TAOIST METHODS

It's important to understand that all of the work of Equestrian Tai Chi and Equestrian Tai Chi - Connect, my program for riders is based on Taoist methods, it is a true method, it's not a hybrid or a conglomerate of different things, but what is unique is the way I have adapted Tai Chi and Taoist internal energy work for ours and our horses benefit, and for us to interact energetically together.

This is based on my own training in Taoist methodology for twenty years and my own experience, and at the moment I am offering to teach others in a step by step way, in the way that I have come myself.

This is ideal for you if you'd like to help your horse or horses and and your connections with them, while at the same time balancing and developing your own energy,

This is ideal for you if your horse is very sensitive to energy, and you'd like to develop your own energy, it's ideal if you want to deepen your connection with your horse and build your partnership.

It's ideal for you if you want to create an interconnected dynamic energetic partnership with your horse, where you can feel your Chi flow riding and where you can give subtle energetic aids that your horse can easily understand.

It allows your horse the opportunity for energetic connection with you and being able to express and show you how quick and subtle and perceptive he is to your energy. And I think you will be really impressed by him (or her!)





If you're interested in joining Equestrian Tai Chi, if you send an email to jenny@equestriantaichi.com, I'll send you a link to a video where you can learn more about the course.

Thank you for reading this and I look forward to connecting with you!

If you'd like to find out about Equestrian Tai Chi[®], please read the page below!





What is Equestrian Tai Chi?

Equestrian Tai Chi is Tai Chi that I developed for practicing specifically on horseback.

I adapted Equestrian Tai Chi from the normal standing and moving Tai Chi. It cultivates relaxation, natural movement and a strong flow of internal energy. Each movement of Equestrian Tai Chi has a name and specific energy patterns that belong to it.

The very first time I practiced Tai Chi on horseback, I felt like I was suspended somewhere between heaven and earth. Not having to stand while you're practicing Tai Chi really lets you appreciate the beauty and serenity of the movements.

The more I practiced the more peaceful and relaxed I became. I also developed a strong connection with the ponies I practiced on, they appeared to enjoy it too. They lowered their heads, licked and chewed, etc (signs that horses are relaxed and happy).

This connection continued when I was not on horseback as well and the relationship I had with my ponies deepened.

I decided to put together a teachable plan, so that what I and my ponies had felt together - true connection and freedom - could be enjoyed by humans and horses alike.

