



◇ Michel Robert is not only a champion but also a great teacher.
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TIME

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**THIS IS THE RIGHT TIME TO CHANGE OUR HABITS.
LET'S MAKE TIME TO BETTER OUR QUALITY OF LIFE
AND THAT OF OUR HORSES**

Prior to the stop of all activities and the lockdown imposed by the Covid-19 circumstances, we were busy with many things such as constant training, planning and organizing competitions. Moreover, we were always busy chasing our own habits. Doing the same things day after day, week after week made us feel alive and there for us and others. All of a sudden everything has changed. What we did before is gone, it in the past. Today's reality

ahs forced us to stop, to reassess everything: concerns and fulfilments are different and because of this, it is the perfect time to reconsider many things about how we behave. The past is past and the future does not exist yet. The only reality is the present. Let's take, then, this opportunity to live fully in the here and now, to look inside ourselves and our way of living both alone and in society. It is the right time to change our habits. Become observers and aware of what we truly want.

Let's make time to draw a list of our own behaviours which we must change. We must be aware that it is us that must change. Others are others. No excuses: each of us must put in the effort.

We must find harmony with nature's laws again; we must embrace a change that will enable us to evolve and a to have a better life.

We are lucky enough to live in close proximity to horses. They teach us a lot about ourselves.

How many riders are happy on a horse? How many horses have fun with their riders? Sometimes the relationship is terrible...

So, let's take advantage of the time at hand to start over. By wanting to do things better and, most importantly, with a better frame of mind. Have fun and be happy. Of course this is possible! But with one condition: to be aware of our thoughts and of the present at all times.

This is an important time for research and experience for me. Always maintain the goal of progressing. Firstly, to better the quality of my life and my health (a light diet, with no meat or fish).

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I start the morning with a yoga session and I tend to the horses right after: thus I open myself to the world and I offer my experience.

This is the occasion to offer each horse his time. We should have a precise plan for each session during which we want to progress. The schedule I follow with horses is of three working days, followed by three rest days in the fields and finally a little lounging. During the three working days I alternate between cavalletti on the first day, on the second day various gymnastic exercises and

higher jumps on the third day. The best thing is to devise a precise plan and follow it. The main goals should be understanding of the horse and the mutual satisfaction of horse and rider. On horse-academy.fr, one can find many exercises for all levels and needs.

This is the time to acquire new habits for ourselves and our horses, in order to obtain pleasure, a good mood and happiness which are the best remedies.

Try it: take the time day after day... •



◇ Have fun and be happy, it is good for us and our horses.