

Remember when you were a little kid and reading stories had more pictures than words? Along with encouraging our imagination, authors were fostering the creative interpretation of their stories.

My entire blog today will be done in the same fashion using emoji's. For those of you struggling to get back to your inner child and need help deciphering this blog I have included hints in italics...

Here we go!



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Last week had some



*(surprising)*




*(wins)* for me.

I was  (*thrilled*) to have the opportunity to

go up to  (*Sandridge Saddlery*) in Hudson,





 (*Quebec*) to do a workshop on the


importance of mental  'ing (*training*) in the

 (*off season*).

The group of  (*riders*) that showed up to

give their  (*time*) to attend what could

have been a super  (*boring*) subject turned

out to be  (*awesome*). They were engaged,



(excited) and empowered in making the most of their corner of the sport. I left feeling



more (invested) in our sport than ever.



(goals),



(planning),

We spoke of and imagery among other things and for the first



(time) in a while my own



(goals)

and



(planning) were



(crystal)

clear. I had a couple of



(hours) to



(drive)



(home) to



(ponder) the

important things in my life and my sport.

Sunday brought more fun with our weekly



(*Strength*) Training sessions. The newest

addition to this is the



(*ponies*) only group.

We caught a bit of it on



(*video*)!

Check it out here: <https://youtu.be/8zNw->

[UPuJsE](#) Sammy and



(*Rosie*) were rock



(*stars*)!

The afternoon brought about the most



(*laughing*) I've heard in a very long





(*time*).


Our super coach




(*Megan*) ran the first

practice of the newly formed  (*Games*)

Club and it was  (*awesome*)! I had forgotten how many fundamental skills can be



learned and practiced through  (*play*). Watching the kids lean and reach to pick up

 (*objects*) without worrying about falling

off... throwing, jumping,  (*running*) and above all else co-operating in order to achieve a


common goal:  ! The giggling, laughing


and comradery was  (*infectious*).

I  (*vote*) Megan for  (*President*)!


This week thankfully reminded me why we all got

started in this great sport,  (*horses*). And


for a lot of people a feeling of  (*belonging*). Horses don't judge you, in fact I believe that they want you to learn their language. And of course they can't tweet or snapchat or blog, so you can tell them anything


and feel  (*Safe*) that they will keep your words all to themselves.

I watched my daughter canter bareback for the



first time this week and the sheer look of 


(*delight*) on her face was  (*priceless*). Her


words, 'it was just like flying'. 



The coming weekend there will be more  (*laughing*) and playing on horseback at 1:30pm on Sunday and no you don't have to be a kid to play,

just a kid at  (*heart*).


Sunday  (*Strength*)  (*Training*) continues, if you haven't signed up already send me an email and I will add you to a group.


And a big  (*Thank you*) to everyone that has returned their show season questionnaires

either online or on  (*paper*). If you haven't done yours yet there are paper copies in the barn or check out the student section of the website to find the online version.

Now stop reading and go  (*hug*) a   
(*horse*)!

Ruth

P.S. No Emoji's were  (*injured*) during the  
writing of this blog, and I hope it didn't make you

want to  (*barf*) because that would be

