

Testimonial

When I restarted my 'horsing around' last summer, I had not ridden in ten years and in that time had two foot surgeries and a back injury. My career posture position, despite exercising, had left me perpetually slumped. I had done as much fitness work as I knew, but was unsure if I could ride comfortably and properly again. I had a mature gelding, but with little training. I have done many things in the Arabian breeding and showing world, but desired a new goal with my one remaining and special horse, Altitude, whose destiny was undefined.

I have had a number of horses trained and been coached by several nationally known trainers besides Eric. My horses did well, as did I, but for this adventure I needed something more and different.

As a customer, I feel Eric has designed a realistic riding program to suit my goals, abilities, time and budget. In my case, it requires blending training of my 'green' horse while re-training me to ride relative to my horse's training level. Together we developed a 'vision' for the project.

I have limited time to spend with my horse so Eric has helped me with specific exercise recommendations to enhance my fitness program for developing and maintaining strength, endurance, balance, flexibility and posture. As a mature adult, this is critical because if 'you are not using it, you are losing it'. Don't be put off by this, because riding goals gives you real purpose and direction for your effort. Much of this is simple and easy to inject into a busy home and work environment. He even worked with me during a subsequent shoulder injury (on a bicycle, not a horse) to continue riding AI safely.

For any sort of riding one needs a body sense for communicating properly with your horse. Erick's "Body Work" is a unique addition to his program. It enables him through his knowledge of massage and yoga, plus Western & Eastern healing arts to identify our physical weaknesses. He is able to work with and correct or improve areas of stiffness and weakness that each of us has developed from our occupation/profession, not to mention injury and disuse.

Horseback riding, after all, is a team sport with an animal. 'Whispering' is fine, but real direct communication skills with strategies and tactics are essential. Eric envisions each training session, based on what you and your horse need today with a 'mini-process' grounded on your last session. He keeps you safe and moving forward with understandable objectives and even a little mental homework preparing you for your next session. It's really all about *you* having a great experience each time.

In all, Wagner Training offers a unique experience-well past working with an expert horseman.