



"I do not agree with what you have to say, but I'll defend to the death your right to say it." - Voltaire

St. Andrews Hosts EFMHA Workshop

The Therapeutic Horsemanship program hosted an EFMHA workshop; individuals came across the state for the three day event. The Equine Facilitated Mental Health Association encourages education and individual interaction with the horse in the treatment of individuals with emotional, behavioral, social, mental, physical and/or spiritual needs. Throughout the three days, lectures were given about how instructors can encourage riders and there were labs that helped participants see the difference in communication between instructors, riders and horses as well.



(Preparing to saddle. Picture Courtesy of Kristina Goodspeed)



(Merlin perking up. Picture Courtesy of Kristina Good speed.)



(Participants leaning over the fence listening to the guest speaker. Picture Courtesy of Kristina Goodspeed)

Olympic Dressage Rider Visits the St. Andrews Equestrian Center Kristina Goodspeed

For many of our Equestrians here at St. Andrews, the name Dorothy "Dottie" Morkis may sound familiar. Ms. Morkis is a Massachusetts native. She participated in the 1976 Montreal Olympics as a Dressage competitor. She was awarded the Team Bronze Medal for her efforts. She has also placed in several other competitions such as The Continental Cup in November 2004.

This past weekend, October 13th and 14th, Ms. Morkis held a Dressage Clinic at St. Andrews' own lesson barn. Riders signed up to partake in the event. During each student's session, Ms. Morkis watched the rider attempt anything from a canter to a trot, giving orders on how to handle the horse and even posture. The former champion demanded near-perfection from her protégés. It was an exhilarating experience for everyone involved.



(Dottie Morkis talking. Picture Courtesy of Rooney Coffman)



(Dottie Morkis coaching a IDA team member. Picture Courtesy of Rooney Coffman)



(Waiting for instruction. Picture Courtesy of Kristina Goodspeed)