



Nature in Horsemanship: Discovering Harmony Through Principles of Aikido

Mark Rashid

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The popular and highly respected horse trainer Mark Rashid brings together Western and Eastern philosophies to demonstrate a seamless new incarnation of horse training. After years of helping “difficult” horses, Mark Rashid understands how to build the foundation of a horse’s training and resolve any problems encountered along the way. He explains how he allows the traditionally firm or assertive approach of the old Western style to take some lessons from the softer conflict resolution and ego reduction approach that the Japanese martial art of aikido teaches. Rashid’s ultimate goal is for harmony between horse and rider.

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