

What Is Your Horse Showing You?

Sometimes a difficulty between you and your horse seems to belong to one of you.

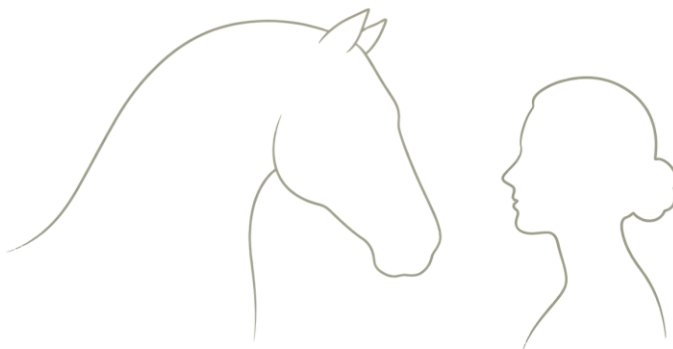
Your horse may repeatedly brace, resist a certain movement, struggle on one side, or become unsettled in a familiar situation. You may notice tension, discomfort, hesitation, or imbalance in your own body.

It is natural to ask which one of you is causing the problem.

Sometimes, however, the pattern may not belong entirely to the horse or the human. It may be developing in the interaction between you.

Horses and humans are constantly exchanging information through movement, balance, breathing, touch, attention, and emotion. Over time, each may begin anticipating and responding to the other in familiar ways.

A horse-and-human partnership can develop its own pattern.



When a Pattern Belongs to the Partnership

You might notice that you and your horse both struggle on the same side. Your horse may shorten a stride or protect one shoulder while you carry more weight through one hip or brace through your back.

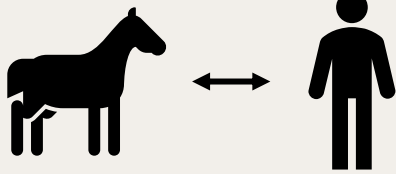
Perhaps your horse improves after bodywork, veterinary care, rehabilitation, or training, but a familiar tension eventually returns when you work together again.

Or your horse may move comfortably with someone else, yet the two of you continue meeting the same difficulty.

None of this means that you caused your horse's discomfort - or that your horse caused yours. It simply suggests that there may be more happening than either individual can show us alone.

*The question may not be
‘Which one of us has the problem?’ but ‘What
is happening between us?’*

When Both Bodies Have More Choices



A Symbiotic Integrated Mirroring Session works with the horse and human at the same time.

One practitioner supports the horse while another supports the human. This allows both bodies—and the communication passing between them - to be included in the session.

We do not force either body into position or decide in advance what a pattern means. We listen for areas of guarding, restriction, imbalance, or hesitation and create space for each individual to respond.

As tension softens, the horse and human may have more choices in how they stand, move, breathe, and relate to one another.

The purpose is not to determine who created the pattern. It is to support the possibility that the partnership may no longer need to hold it in quite the same way.

Notice What Changes

After a shared session, we invite you to notice what feels different without searching for a particular result.

- ☐ Does your horse seem more comfortable in your presence?

- ☐ Does standing beside one another feel different?

- ☐ Has your breathing changed? Has your horse's?

- ☐ Is there more ease in a movement that previously felt guarded?

- ☐ Does communication feel quieter, clearer, or less effortful?

Sometimes a change is immediately noticeable. Sometimes it unfolds gradually as horse and human become familiar with another way of responding together.

SIM Sessions are not about making either of you the problem. They offer a place to become curious about what your partnership may be ready to release. Because connection changes everything.

Learn more at simsessions.org

Important Notice

SIM Sessions are intended to support relaxation, body awareness, connection, and general well-being. They do not diagnose or treat medical or veterinary conditions and are not a substitute for veterinary care, medical care, rehabilitation, saddle or hoof evaluation, or professional training. No particular outcome can be guaranteed.



Symbiotic Integrated Mirroring

*Supporting connection, balance, and
harmony between horse and human.*



Phone
(820) 202 -1235



Email
jamie@simsessions.org



Location
Serving clients throughout the US



Follow
IG: @sim_horse_human
FB: SIM - Symbiotic Integrated Mirroring



To learn more, visit
Simsessions.org