

## Matching and Mirroring

Spent 10 minutes matching and mirroring your horse. Stand in your horse's Zone 3 (about where your leg would be if you were riding). Put your hand on his withers, staying close to the shoulder, and move when, where and how your horse moves. If he looks left, you look left. If he takes a step forward, you take a step forward.

See how good you can get at matching your horse's movements, posture and even his breathing. Watch your feet if your horse decides to trot, but do your best to trot alongside and keep your hand at the withers. Of course, if your horse decides to run off or buck, get back and stay safe. Try matching and mirroring once a week and write about the results in your log.

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