



## **TRAINING PRINCIPLES OF THE NATURALCLASSIC® METHOD**

*"True harmony between human and horse emerges when we do not try to dominate the horse,  
but when we discover who we truly are together" - Marie Massmann*

### **PREAMBLE**

The NaturalClassic® Method connects the timeless wisdom of classical riding masters with the latest ethological and communication science insights. We further develop the works of the great classical riding masters such as François Robichon de la Guérinière, Gustav Steinbrecht, and Alois Podhajsky, integrating current scientific knowledge about the nature of the horse, its biomechanics, as well as the special needs of humans and horses in today's world.

In a world full of hectic pace, performance pressure, and disharmony, we create a space for authentic encounters where humans and horses can learn from each other with mutual respect.

## **FUNDAMENTAL ETHICAL PRINCIPLES**

### **1. Congruence and Authenticity**

We strive for truthfulness and congruence in our actions. What we teach, we demonstrate. Our inner attitude, our words, and our actions are in harmony with each other. Only through this congruence can we be credible partners for humans and horses.

### **2. Respect for the Dignity of the Horse**

We recognize the horse as a sentient being with its own dignity and will. Every interaction with the horse is based on the principle of respecting its physical and psychological integrity. We reject any form of physical or psychological violence.

### **3. Nonviolent Communication**

We communicate with horses and humans based on the principles of nonviolent communication. This means:

- Observing without disrespectfully evaluating
- Perceiving feelings and acting appropriately
- Recognizing and respecting needs
- Setting clear boundaries instead of exerting pressure or force

### **4. Responsible Training**

Our training methods consider the physical and psychological prerequisites of the individual horse. We promote its natural abilities and respect its limits. Healthy, long-term development takes precedence over short-term success.

### **5. Lifelong Learning**

We understand ourselves as lifelong learners. We continuously reflect on our actions, are open to new insights, and ready to question and adapt our own convictions when scientific findings or practical experiences suggest this.

## **GUIDELINES FOR PRACTICAL TRAINING**

### **1. Mutual Growth Instead of Dominance**

NaturalClassic® understands the relationship between human and horse as a partnership in which both can grow. We do not strive for dominance over the horse, but for harmonious cooperation where leadership emerges through trust and natural competence.

### **2. Balance Between Tradition and Innovation**

We honor the wisdom of classical riding instruction with its proven principles such as systematic, gymnastic training as well as preservation and promotion of natural movement development.

At the same time, we integrate modern insights from behavioral biology, learning theory, biomechanics, sports physiology, neuroscience and communication psychology

### **3. Dialogue as Training Method**

A genuine conversation between human and horse forms the heart of our training methodology. This is based on:

- Clear, consistent communication principles
- Attentive listening and perceiving the horse's responses
- Respectful handling of resistance as a form of communication

- Appropriate breaks for integration and processing

#### 4. Holistic Training of Human and Horse

The NaturalClassic® Method views humans and horses as holistic beings. We consider:

- Physical aspects: posture, biomechanics, health
- Mental aspects: concentration, willingness to learn, mental balance
- Emotional aspects: trust, joy, serenity
- Social aspects: relationship ability, empathy, cooperation

#### 5. Sustainability and Responsibility

We commit to responsible use of resources and sustainability in all areas of our work:

- Ecologically sustainable horse keeping
- Long-term oriented, health-preserving training
- Socially sustainable structures in our community
- Economically fair and transparent business practices

## ETHICAL CODE FOR NATURALCLASSIC® TRAINERS®

As certified NaturalClassic® trainers, we commit to:

1. **Being role models** in our interaction with horses, clients, and colleagues. We live the principles of nonviolent communication in all areas of our work.
2. **Maintaining competence** through continuous education, regular self-reflection, and open exchange with colleagues and experts from various fields.
3. **Recognizing the limits** of our own abilities and competencies. We refer clients to other professionals when needed and seek support ourselves when we reach our limits.
4. **Practicing transparency** in our work, our methods, and our business practices. We communicate honestly and clearly about possibilities and limitations of our work.
5. **Promoting community** through collegial exchange, mutual support, and the sharing of knowledge. We see other trainers not as competitors, but as members of a learning community.
6. **Accepting criticism** as an opportunity for further development. We are open to constructive feedback from clients, colleagues, and the professional world.
7. **Prioritizing the welfare of the horse** in all training and education decisions. When in doubt, we always decide in favor of the horse's well-being and health.

## CONCLUDING THOUGHTS

*"Peace cannot be kept by external means. It can only be achieved through understanding and transformation of the human heart" — Dalai Lama*

The NaturalClassic® Method understands itself not only as a training path for humans and horses, but as a contribution to a more peaceful and harmonious world. When we learn to communicate with horses in genuine dialogue, we develop abilities that can also lead to more understanding, empathy, and harmony in interpersonal relationships.

In this sense, we see our work as a small but significant contribution to a culture of peace and respectful coexistence of all living beings.

**NaturalClassic® – The Harmony of Classical Principles in Modern Times**

