

Groundwork for Connection, Relationship-Building, and Troubleshooting Under Saddle

Who am I and what do I bring to the human-horse relationship?

My name is Katerina Taiganides and I am based out of North Potomac, MD. On social media I am known as horse blogger Ponti Kriti. I have been a clinician in Greece since 2016, teaching humans of all ages to have better relationships with their horses (and vice versa), and I am now teaching here in the U.S. and would like to introduce myself and what I do.

My goal is to deepen the understanding between humans and horses, in particular to help humans develop feel and unity with their horses on the ground that will carry over into ridden work. I can help humans and their horses build a relationship of mutual trust, confidence, and enjoyment from the ground up. I can also help bring out the expression in a horse that may have lost her zest for life, and help increase a horse's balance and quality of movement on the ground as well as her motivation to work with her human(s).

Some of the areas I work on with clients are: awareness of the horse's emotional state (listening to the horse) and how to let the horse know it is being heard/understood; discovering the horse's thresholds for various activities and then working within those thresholds while also expanding them over time (a side-effect of which is a confident, relaxed horse); engaging the horse's curiosity and his innate love of puzzle-solving, which brings out the horse's expression and enthusiasm; balancing the horse's physical and emotional needs; troubleshooting under saddle problems with groundwork solutions; and the timing and type of rewards that can be given to promote appreciation from the horse and motivation within him.

My refreshing approach to connecting with horses combines years of experience as a groom, horse re-trainer, colt starter, student, and teacher and as a traveler on the passionate horsemanship journey that has enthralled me for decades. I have studied under a variety of mentors, including Warwick Schiller, Patrick King, Sharon Wilsie, Anja Beran, Ariana Sakaris, and Elsa Sinclair, who themselves have practiced various equestrian disciplines, but all have something in common: a love for the horse, and a desire to see things from the horse's perspective.

What services do I offer?

I can offer my clients in-person lessons, clinics, and demos, and can also offer coaching and feedback over the phone or through Zoom/FaceTime/Messenger. My expertise does not compete with other riding instructors, bodyworkers, or specialists—rather, what I do will complement these other professionals and their goals. I am fully insured by American Reliable (policy AML114006).

I have offered a series of groundwork clinics at Keep Stables in Woodbine, MD and in Grove City, Pennsylvania, and have several private, happy clients as well as rescue operations that I support with pro bono work! Barn owners, please contact me to arrange for a **FREE LESSON or DEMO** at your barn (with no strings attached)!

Thank you!

Katerina Taiganides

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