

## **Ponti Kriti: Empowering Horses and Humans**

Helping horses and humans develop an affinity and feel for connection, emotional and physical balance/strength/self-control, safe self-expression, and a mutually rewarding relationship on the ground and 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 my website and social media I am known as horse blogger Ponti Kriti. I have been a clinician in Greece and the United States since 2016, teaching humans of all ages to have better relationships with horses and have been training horses in a way that enhances their softness, balance, expression, and well-being.

My goal is to deepen the understanding between humans and horses, in particular to help humans develop feel and unity with their horses. Through my clinics and lessons and horse training sessions, I can help humans and their horses build a relationship of mutual trust, confidence, and enjoyment from the ground up and under saddle. 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, mother of four, competitor, student, and teacher and as a traveler on the passionate horsemanship journey that has enthralled me for decades. I compete in Working Equitation. I have studied under a variety of mentors, including Warwick Schiller, Patrick King, Sharon Wilsie, Anja Beran, Jillian Kreinbring, JJ Tate, Jim Masterson, Ariana Sakaris, Elsa Sinclair, and Sue Watkins, who themselves have practiced various equestrian disciplines, but all have something in common: a love for the horse, a desire to see things from the horse's perspective, and a zest for learning.

### **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, private/group lessons, and under saddle lessons at the Riding Academy of Karteros in Crete, Greece, in Maryland (Keep Stables, Wyndham Oaks, Congressional Polo Club, and Paradise Stables) and in Grove City, Pennsylvania. Great and Small Horse Therapy and Equines in Transition are two organizations that have received pro bono work from me. I am happy to travel to offer my services and can also host clinics and lessons at my own place. Attached is some of the feedback and testimonials from clinic participants and private clients.

I am here for you and the horse!

Thank you!

**Katerina Taiganides**

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