

Pferde in Balance (PIB)



THE ART OF SHAPING BALANCE

A GENTLE INTRODUCTION
TO THE PIB APPROACH

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INTRODUCTION

Welcome. I'm so glad you're here.

This little e-book is an invitation—an open door into my world of horse training. **A world where subtlety, understanding, and shared language form the foundation of everything we do.** My goal with this free resource isn't to teach you every step or share a complete program. Rather, I want to give you a **feel** for the **essence of the PIB approach.** To offer a **glimpse into the quiet power of thoughtful, connected training.** And perhaps, to inspire you to explore further.

'Because when we shape with clarity and compassion, magic begins to unfold.'

And it is this very magic—the gentle transformation in our horses and in ourselves—that makes this journey so meaningful. I hope these pages offer not just insights but also a sense of calm, curiosity, and companionship on your path.



'Trust is where the journey begins.'

ABOUT ME

I'm Carolin, the founder and trainer behind Pferde in Balance (PIB). I live in Ratingen, Germany, and I'm a mom of two wonderful kids, accompanied in life by my beloved horses and my dog.

My journey with horses has always been driven by a deep passion for their well-being and a longing to create relationships that are rooted in trust, softness, and true connection. I believe in developing the horse as a whole—physically, mentally, and emotionally—and I find great joy in helping horse and human grow together in harmony.

One of my greatest joys is seeing my horses happily welcome me, with curious and open minds ready to enter into a dialogue. It feels like heaven when we flow forward together, moving in pure harmony. I love feeling their consent and trust, especially in more challenging situations. These moments of connection, where they willingly choose to engage with me, are the foundation of true partnership. There's something truly heartwarming about watching them seek out my presence—just to be with me. That's what makes it all so fulfilling.

When the horse understands and is motivated, movement becomes almost effortless. The body flows with lightness, power, and a harmonious, swingy quality. Watching a horse find and embrace healthy biomechanics is deeply fulfilling—it unlocks their natural potential and brings well-being from the inside out.

I'm constantly evolving in my work, continuously learning from a variety of inspiring mentors and experiences. My approach to training is shaped by the knowledge and techniques I gain through ongoing education, dedicated study, and years of hands-on practice.

Over the years, I've worked with horses and riders from many backgrounds and disciplines—from dressage to liberty, from young horses to rehab cases. Since 2016, I've taught over 100 clinics and workshops across Europe and the United States, including in Sweden, Spain, Slovenia, Finland, Switzerland, and I did more than 20 workshops in the US. These experiences have enriched my perspective and taught me to adapt my approach to meet the unique needs of each individual horse-human pair.



I've always been passionate about education and continuous development. I'm a qualified **Equine Manual Therapist** and **Equine Physiotherapist** through the DIPO – *Deutsches Institut für Pferde-Osteopathie* and completed additional training in **equine acupuncture** at the *Tierakupunkturschule Wuppertal*.

From 2012 to 2022, I immersed myself in the **Straightness Training framework**, completing the full **instructor education**, working for more than five years as a **licensed evaluator** (with over 180 evaluations), and later serving as a **Straightness Training Academy Coach**, leading over 120 coaching sessions with up to 4 students and supporting them in their personal ST journeys. This long and intensive path still forms an important foundation of my teaching.

Next to my teaching, I worked for several years professionally as a manual therapist, equine physiotherapist, and equine acupuncturist before gradually shifting my full focus toward the training pillar, which now forms the heart of my work. During this time, I also had two full-time training horses under my care—a tall warmblood and a powerful PRE gelding—who deepened my practical experience and further enriched my understanding of individual needs, biomechanics, and long-term gymnastic development.

After leaving the ST Academy in 2022, I began shaping **my own approach** more fully—integrating a broader understanding of **biomechanics**, a stronger **mental-emotional awareness**, and additional principles that allow me to **support both horse and human even more individually and holistically**.

At the beginning of 2023, I launched my own little **Online PIB Membership**, a growing and heart-driven space where riders from all over the world come together to learn, explore, and support one another. The membership includes different levels of engagement—from quiet inspiration and theory-only input, to watch-and-learn formats, and more hands-on support through video reviews and personal feedback.

Whether you're just starting out or seeking to refine advanced work, my goal is to help you and your horse deepen your mutual understanding, build a better body, and cultivate elegant, balanced movement. But most of all, I hope to nurture a relationship rooted in trust, presence, and joyful connection—where effortlessness and true partnership can naturally emerge.



An online review class lesson (PIB Membership)



MY VISION & PHILOSOPHY

At the heart of PIB—Pferde in Balance—is a simple, powerful truth: Training a horse shouldn't be about control. It's about connection.

Connection that is felt in the breath before the cue. In the softness of a shoulder that releases tension. In the moment the horse chooses to stay, not because they have to—but because they want to.

Each horse is a unique, sentient being—capable of learning, communicating, and thriving when we meet them with awareness and respect. Our task is to offer them a consistent, meaningful language they can trust—a language made of body, breath, feeling, energy, and clear intention.

Instead of aiming for results alone, I focus on:

- **Trust** as the bedrock of a **safe learning space**
- **Feel** as the undercurrent that creates **understanding** and shapes **communication**
- **Biomechanics** not for display, but to foster **well-being**

This means training with the whole horse in mind—body, mind, and emotion intertwined. Our work becomes a shared journey, one of shaping rather than forcing. With softness, timing, and meaning as our compass, we guide and support rather than demand.

The path is not linear but layered—looping back whenever needed. PIB invites us to become forever students, always ready to listen, adapt, and deepen the connection.

| 'The beauty lives in the basics. We never graduate from them—they deepen with us.'

The beauty lives in the basics. The better and clearer the foundation, the more solid and successful the path forward. We never graduate out of the fundamentals—they are not just the beginning, but the very ground we keep returning to. True refinement grows from clarity, and clarity begins with simplicity. **It's about taking one thoughtful step at a time and building from there—layer by layer, always in conversation, always connected.**

THE PIB FRAMEWORK: A LIVING SPIRAL

PIB unfolds in three interwoven phases—each one building on the other, while always remaining open to return. In fact, returning to the foundation often marks the true progress. It's in those moments—when we circle back to clarify, to restore confidence, to rediscover balance—that **understanding** deepens, coordination improves, and new quality emerges. **We return not because we failed, but because the basics hold the next level of understanding and true quality.** They are the key to unfolding the next layer of ease, lightness, and connection.

PHASE 1: TRUST—FOUNDATION OF PARTNERSHIP

This is where we begin—not with movement, but with relationship. We shape a space where the horse feels seen, safe, and free to explore. The goal is not obedience, but willingness. The horse dares to try, knowing they will be heard.



'Safety and willingness bloom where the horse feels seen, not judged—and dares to try, knowing they'll be heard.'

We focus on **establishing connection, building trust, enhancing understanding, and fostering mutual respect**. These are not just preparatory steps—they are the roots from which everything else grows. The deeper and more grounded this foundation, the more confident and joyful the path ahead becomes.



PHASE 2: UNDERSTANDING—BUILDING A SHARED LANGUAGE

With a foundation in place, we begin refining our communication. This is the phase where **true dialogue emerges**—where horse and human not only listen, but actively engage in a **two-way conversation**. A responsive exchange where we pose questions, invite answers, and shape **understanding** through dialogue. Clarity, timing, **feel**, body language, energy, and intention become the primary tools of this nuanced, evolving conversation.

At the heart of this phase lies understanding. When the horse knows what is being asked—when the message is clear and meaningful—they also become motivated, confident, and engaged. **True effortlessness arises not from obedience, but from understanding.** And self-carriage is already born the moment the horse understands the idea and begins to own it.

| 'Understanding is the bridge to motivation. A horse can only take responsibility for what it truly understands.'

In this stage, **we begin to shape a shared language**—one that goes beyond cues or techniques. We explore how subtle shifts, gentle invitations, and meaningful pauses can speak louder than words. **It's about becoming fluent in feel and expression.**



| 'Understanding unlocks motivation.'

Equally important is the space between the cues—what we call **"active neutral."** This isn't passive waiting, but a conscious offering of space where the horse can think, process, and respond without pressure. It's where true responsibility starts to grow. In active neutral, the horse learns not just to follow but to participate.

This is also where **looped training**—working in small, successful loops—and slow, mindful work come into play. Looped training is more than repetition—it's a way to uncover where **understanding** fades, where confidence dips, and where refinement can grow. It invites the horse to succeed in small loops of clarity,

giving both partners a chance to re-center, re-try, and return to softness without pressure or confusion—allowing both horse and human time to process, respond, and refine. **Slow reveals what fast hides.** In this stage, slow is not passive—it's precise, intentional, engaged, and deeply connected.

| 'If it doesn't work, we make it easier—not louder.'

But slow is not the end goal—it is a tool. A moment of clarity. A lens. We use useful slow to reveal imbalances, to anchor **understanding**, to allow new coordination to emerge. As the horse becomes clearer in what is being asked, it also becomes more aware of *how* it moves—its weight, its rhythm, its alignment. This is where body awareness begins to blossom: as an extension of mental clarity and thoughtful communication.

It gives the body time to find posture, rhythm, and balance—and it gives the mind time to **feel** safe and capable.

And from there, we grow. We don't stay in slow—we **rise from it**. Because only when flow returns can the full beauty of biomechanics truly unfold. The natural swing, the rebound, the tensile energy through the body—these can only thrive when movement is fluent. *Slow builds the foundation. Flow brings it to life.*



PHASE 3: BIOMECHANICS—PRECISION AND PHYSICAL QUALITY

With **trust** established and **understanding** in place, we now invite the body into a new chapter of development. This isn't about doing more—it's about **refining movement with purpose and clarity**. When the horse feels safe, understood, and motivated, we can begin shaping strength, stamina, and athleticism—not as isolated goals, but as natural outcomes of thoughtful, flowing movement.

| 'We don't shape muscles. We shape movement—and movement shapes the horse.'

We focus on building working muscles that support balance, encouraging glidable fascia, organized posture, and coordinated energy. The work becomes more gymnastic, more collected, more layered—yet it is always carried by a sense of ease, softness, and fluency.

We don't strive for perfection or pressure the horse into a frame. Instead, we **invite refined balance and expression through biomechanically sound shaping**, paired with a willing, engaged mind that is actively involved in the conversation—thinking about the request and the behavior itself.

Here, **throughness** begins to shine and gets even more important. **That beautiful quality where all body parts work in harmony, where energy flows smoothly back and forth through the horse's body—linking the hindquarters to the forehand, and mind to movement.** It's the state where nothing is blocked, and everything responds.

| 'Throughness means the horse can think, feel, and flow—body and mind working as one.'

The goal is never to sacrifice the qualities we've already cultivated—balance, suppleness, a calm **understanding**, and a beginning of self-carriage—but to carry them forward into more dynamic, expressive, and athletic movement. Once emotional readiness and clarity are established, the body can follow—organically, confidently, and in true harmony.



| 'Strength grows where understanding and balance meet.'

Even in more collected or gymnastic work, we continue to offer active neutral—a **brief pause in our influence that invites the horse to carry themselves.** This space helps preserve self-carriage, builds **trust** in the horse's ability to organize their own body, and reminds us that precision doesn't require constant input.

And if we ever lose the **feel**, the **understanding**, or the flow—we don't push forward. We return, spiral back. Because **each phase holds the seeds of the next**, and the **foundation is never behind us**—it's always right beneath our feet.

THE ART OF SHAPING PROGRESS

Progress, in the world of PIB, doesn't start with complexity—it starts with **understanding**. It's not about how many movements the horse can perform, but about the **softness of their effort, the joy in their try, and the quality of the connection between you**.

| 'Progress is not forward—it's inward, upward, and back again. It spirals with us.'

We begin with the basics: **yields** that encourage responsiveness and clarity. A forward step when asked, a thoughtful pause, a shoulder that moves with ease, or a hindleg that steps under—all become conversations that build mutual **understanding**. **Every try, no matter how small, holds meaning**. Every slightly better thought or idea is seen, acknowledged, and gently encouraged.

| 'It's not about perfect steps. It's about better thoughts—and recognizing them when they come.'

From here, we build. The **first balance and posture** (LFS—lateral bend, forward down, and stepping under) doesn't arise through technique alone, but through feel and harmony. It means more than mechanical positioning—it stands for **spinally aligned lateral bending, a readiness to lengthen over the top line—a forward-down tendency, and hind legs that step under the center of mass**—not just to move the horse forward, but to support the horse's own balance from behind. Only once balance is found can strength begin to grow.

We use **slow motion and almost-transitions as powerful tools**—not to restrain, but to reveal. Slow allows the horse time to process, to feel its own body, and to respond with intention. **Almost-transitions** create space for awareness, balance shifts, and new levels of subtlety. In these in-between moments, postural organization and coordination emerge—**one thoughtful step at a time**.

Eventually, we introduce **lateral movements**. Not because they are impressive, but because they refine the body's dialogue with itself. They polish coordination, alignment, and symmetry, deepen understanding, and reveal how the body finds its own clarity and flow. **When the horse begins to grasp the architecture of its own body, it moves not with effort, but with lightness, joy, and purpose**.

And eventually, we may arrive at **collection**. But even then, it's not the kind posed for pictures (although we love to capture it :-))—it's **the one you feel in your seat, in the breath, in the spine**. It's not something we take—it's something the horse offers, because everything underneath is understood and ready.

THE FIVE PILLARS – OUR INTERWOVEN PATHS (GROUNDWORK/LONGEING/WORK IN HAND/RIDING/ LIBERTY)

The PIB approach is not limited to one method or one type of work. It is a living, breathing dialogue that unfolds as ST through five core pillars: **Groundwork, Longeing, Liberty, Riding, and Work in Hand**. Each pillar offers its own doorway into communication, clarity, and biomechanical development.

| 'Each pillar is a lens. Together, they reveal the whole horse.'

GROUNDWORK

Groundwork lays the **foundation for our shared language**. On the ground, we can observe more, support more clearly, and shape postural awareness step by step. It's where trust meets technique—where the horse learns to respond to our energy, intention, and position without the complexity of riding.



| 'Groundwork lays the foundation—not just for movement, but for mutual understanding.'

LONGEING

In **Longeing**, we develop rhythm, balance, and alignment in motion. With clarity of direction and space, the horse can find spinal swing, tempo, and better organization of their body. It also **allows us to see the whole picture**—where flow, tension, or asymmetry arise—and adjust gently from the outside in.



| *'Longeing is not about circles—it's about balance, rhythm, and building the arc of connection from afar.'*

PFERDE IN BALANCE

WORK IN HAND

Work in Hand offers a bridge between groundwork and riding—a space where we refine precision, balance, and postural shaping from the ground. It **allows us to ride from the ground**, inviting the horse to take on more responsibility for alignment, energy, and self-carriage. With gentle, precise guidance, we build collection, straightness, and throughness—preparing both horse and human for more refined communication under saddle.



| *'Work in hand is riding from the ground—where refinement, responsibility, and posture meet in subtle conversation.'*

RIDING

Riding brings a new level of physical connection—a shared dance where horse and rider influence one another directly through weight, balance, and subtle cues. It is where all the groundwork, liberty, and work in hand come together, supporting a partnership that moves as one. When the preparation is right, riding becomes light, joyful, and deeply refined—an elegant expression of all that has been built from the ground.



| *'Riding becomes a dance when the reins disappear into trust and every aid becomes a whisper.'*

LIBERTY

Liberty is the heart piece of all pillars. It's where we see the horse's *truest* response—without tack, without pressure, just two beings in conversation. This is where the *liberty feel* is born: softness, choice, willingness. And it's this very feel that we aim to carry over into all other pillars.

| *'When you remove the tools, you reveal the truth of your connection.'*

Liberty reminds us that tools are never the primary aid—they are there to *refine*, not to control. When the connection is clear at liberty, everything else becomes lighter, subtler, and more deeply rooted in trust.



Sometimes, what feels blocked in one pillar becomes clear in another. A stuck moment in riding may unlock through a moment of freedom at liberty. A crooked yield in groundwork may find resolution in a quiet longeing session. **The beauty lies in the interplay—these pillars are not silos but perspectives.**

What we carry through all of them is the **liberty feel—a softness, a choice, a willingness.** Whether tools are involved or not, we are in dialogue. That's why we **do not use tools to control, but to refine.** Our reins, whips, and cues are simply extensions of our body, our breath, and our intention. And often, less is more.

Our posture, our energy, our intention—these are often more powerful than any visible aid. **The magic lies in what you don't see, but feel.**

TENSEGRITY, SPINAL SWING, AND BUILDING A BETTER BODY

From the liberty **feel** we carry across all pillars, we move deeper into the body—the structure that makes soft, expressive movement possible. Physical development doesn't mean more muscle or fancy tricks. It means a horse that moves with swing, lightness, and strength from within.

We shape this through an **understanding** of *tensegrity*—how a body finds strength not by isolating effort, but by **balancing tension and compression throughout the whole system.** When the horse's body works together as a connected whole, movement becomes easy, powerful, smooth, and effortless.

| 'We don't hold the horse together. We help the horse hold themselves together.'

We also look closely at the spine as the center of movement. A healthy spine doesn't just bend—it swings. The spine swings in a dynamic, three-dimensional movement with suppleness and freedom in all planes:

lateral bending, flexion and extension, and rotation. These three aspects don't happen in isolation—they intertwine into a flowing, wave-like motion that travels through the spine from pelvis to poll.

Overlaying this, we can observe a second, complementary pattern often described as a fishtail motion—an undulating coordination that begins in the pelvis, ripples forward through the ribcage, and expresses itself through the shoulders, neck, and head. This integrated pattern of movement helps distribute energy and maintain balance, especially when the horse moves with relaxation and throughness.

This natural spinal swing is a sign of rhythm, balance, and throughness. It's not something we impose. It's something we reveal and support. **Through thoughtful guidance, posture awareness, and meaningful challenges, we help the horse reconnect with this innate movement pattern.**

We observe where alignment is lost—when a horse bends but flexes in the wrong direction, or when one side of the body moves differently than the other. **We become students of the well-connected, and well-working body**, not to manipulate it from the outside, but to *invite* it to function in its full complexity from the inside out.

We don't force movement—we *prepare* for it. By creating the right conditions, we set the mind and the body up for success. Through calm attention, clear intention, and meaningful preparation, correct **movement can arise organically**. It's not about making it happen—it's about allowing it to emerge from within, **when posture, coordination, and confidence meet**.

We don't shape a frame. We create conditions in which healthy posture and a swinging, supple spine can emerge. This is the art of shaping balance—not forcing a mold, but awakening what's already there.



| *'Flow begins in the spine.'*

FROM COORDINATION TO COLLECTION

Before we think about collection, we think about coordination. A well-coordinated horse is a safe, confident, and empowered horse. That's why we spend time on the details—the laterals, the transitions, the small shifts that teach the horse how to organize their body.

Movements like shoulder-in and haunches-in are not just classical dressage tools—they are communication tools. They show us where alignment is lost, and offer ways to gently shape it back.

We use transitions not just between gaits, but within them. Between frames. Between mental states. Between levels of collection. And sometimes, we use **almost-transitions—those beautiful moments where the horse almost changes, and then continues**—because those are often the moments where awareness sharpens and balance reveals itself.

As coordination improves, collection follows. But not because we hold or drive. **Collection is a consequence, not a command.** It arises from a well-organized body, a centered mind, a trusting heart, and growing strength and stamina.

We don't just ask for collection. We invite the horses to carry themselves. And when they do, it's not just powerful—it's elevated, elegant, and effortless.

| 'Collection is not something we ask for. It's something the horse offers—when they're ready.'

We play the full piano: stretching, forward, collected, lateral. And every note has its place. Each movement contributes to the overall harmony of the horse's development. Like a musician who needs all keys to compose a masterpiece, we guide the horse to express its full range of motion—physically, emotionally, and energetically. **A balanced training approach, one that honors variety and responsiveness, is what creates the athletic, healthy, and joyful horse.**

| 'When training is built on understanding, movement becomes more than correct—it becomes joyful.'

The horse begins to offer, to play, to carry themselves with pride. And you begin to feel not just a response—but a shared dance.

SHAPING THE PATH – TAILORED PROGRESS FOR EVERY HORSE

Progress is never one-size-fits-all. There is a red thread—a deeper logic that connects everything we do—but how we walk this path will look slightly different for every horse.

Some horses are naturally more rigid, tight in body or mind, and **need help unlocking tension and rediscovering freedom** of movement. Others are hyperflexible and **need stability, strength, and better postural coordination** to prevent collapse or disorganization. **Understanding** which type of horse we are working with allows us to choose the right exercises, the right tempo, and the right tone of guidance.

That's why we don't follow a strict order of exercises. Instead, we read the horse. We might introduce an exercise sooner for one horse and postpone it for another. We might revisit a foundational element more often with one horse, and work on refining details with another.

Even within the same training phase, each step is shaped to fit the horse in front of us.

Our goal is not to follow a method—but to understand a being.

The red thread is not a rulebook—it's a compass.

Through this lens, every session becomes a dialogue. Every choice—a response to the horse's needs. And over time, this individualized journey leads to the same destination: a horse that is balanced, flexible, confident, motivated, joyful, and strong in both body and mind.

| *'The red thread is not a method—it's a mindset.'*

And even plateaus have their place—they offer time for digestion, reflection, and quiet integration before the next layer unfolds.

THE RIGHT TONE OF GUIDANCE – DEPTH OVER DIRECTION

Guidance is not about pushing or demanding—it's about setting a tone that supports awareness, self-organization, and growth. We don't override confusion with pressure. We meet it with clarity and presence.

PFERDE IN BALANCE

| *'The right tone is not a volume—it's a vibration.'*

Good guidance feels like a soft frame: not restrictive, but defining. Not forcing, but directing. When a horse is unsure or struggling, **we don't fill in all the gaps—we offer signposts**. We become a mirror, a compass, a gentle suggestion.

Sometimes this means **stepping in with more structure**. Other times, it means **stepping back to let the horse search**. It's about finding that fine line—between offering direction and giving space. Between motivating and allowing.

We listen to the horse's response, not just the reaction. We notice whether the body feels coordinated or chaotic. Whether the try is mental, physical, or both. And we adjust accordingly.

This is not passive work. **It's highly aware, deeply responsive, and full of responsibility—for both sides.** Our tone matters. Our intention matters. The horse feels everything—so what we bring into the space shapes what unfolds.

It's easy to fall into the habit of doing too much—redirecting again and again, micromanaging every step, or overfilling the conversation with cues and corrections. But one of the most important things to cultivate is **the right tone of guidance**.

We don't want the horse to simply do something because we made it happen. We want the horse to *know* what they're doing and *why*. That means **offering space for them to find the answer**—and resisting the urge to jump in at every wobble.

If you're always redirecting the same thing, it's not the horse that's missing something—it's the training moment that needs to be reshaped. Maybe we've skipped a layer of **understanding**. Maybe motivation or balance is lacking. Instead of pushing harder, we pause, reflect, and seek the *why* beneath the repetition.

This requires **emotional clarity**, but also **emotional softness**. Just like a potter gently shaping clay on the wheel, we guide with steadiness, rhythm, and subtle correction—never rigid control. When the pressure is right, the form emerges. When the energy is too strong, it collapses. When the energy is too absent, it won't hold shape.



The same is true with horses. They don't need constant help. They need **guidance that's clear but leaves room**. Guidance that invites their own body and mind to come alive.

In this way, we don't train behaviors—we **shape understanding**. We create a space where softness, lightness, and mutual joy become the foundation of every step.

| 'In the end, it's not about getting it right—it's about getting it together.'

A MEANINGFUL HORSE (AND HUMAN) FRIENDLY APPROACH

There are many programs, systems, and schools of thought in the horse world. **What we do in PIB bring things together in a meaningful, balanced, and horse-friendly way** that makes sense to both horse and human.

We center **consent-based communication**, using both negative and positive reinforcement.

We value **clarity and structure as safety anchors**, not restrictions.

We rely on **observation and redirection**, rather than control and correction.

We build **understanding through looped training**—breaking big goals into small, achievable steps.

We offer active neutral—**space for the horse to take responsibility**.

We use **slow motion as a lens**—to reveal, refine, and restore balance.

We thoughtfully integrate **sound biomechanics, emotional well-being, and mental clarity**. We shape not just movement, but **mutual trust, awareness, and softness**.

This is **not a one-size-fits-all system**. This is an invitation to explore, adapt, and find what feels right for *you* and your horse. If you feel at home in these ideas then you are more than welcome.

We aim to **build thinking, feeling, responsive partners**. Horses who choose to **participate**. Who feel good in their bodies. Who **trust** the process.

And humans who are willing to listen, adapt, and grow.



CONSENT IN TRAINING: GUIDING WITH RESPECT

True partnership in training begins with **mutual agreement**, not submission. In PIB, we seek **consensual dialogue**—an approach that respects the horse's voice while still offering meaningful direction.

Consent does not mean doing nothing. It means **observing the horse's feedback**, recognizing when they say *yes, no, or maybe*, and responding with **clarity, kindness, and curiosity**. When we honor their hesitation instead of pushing through it, we create a space where **trust** can deepen—and where true learning can happen.

'Consent is not about stepping back. It's about asking well.'

At the same time, horses need guidance. They thrive on clarity. Our role is not to stand back passively, but to **invite, suggest, shape**, and—when needed—hold space until readiness arises. Consent-based training is not about control, but about creating **conditions for willing participation**. It's a subtle dance between **freedom and direction**, where both partners stay engaged and responsible.

In this dance, we don't aim to **override resistance**, but to **understand its message**. When **understanding** grows, motivation follows—and movement becomes light, joyful, and self-initiated. That's when magic unfolds.

WHAT'S NEXT?

| *'Whether you're just beginning or circling back with new eyes—there's always another layer to discover.'*

I hope this free e-book gave you a glimpse of what's possible—know that there is so much more to explore.

Whether you're **just beginning** or **have years of experience**, there is **always another layer to uncover**. A little more ease to find. A moment of effortlessness to enjoy. A knot to dissolve—whether in the body or in the mind. The PIB approach meets you where you are and offers space to grow, refine, and deepen.

Here are a few ways to continue:

- 📧 Subscribe to the **PIB Blog** on my website www.pferdeinbalance.com for reflections, tips, and inspiration from the heart of our training practice.
- 📖 Stay tuned for the **full e-book**—a deeper dive into **detailed strategies, stories, and real-life training insights**.
- 🔍 A brand-new **online course** is cooking – designed to help you build a strong, healthy foundation. For some, this might be all they need or exactly what they need to get started. For others, it will be just the first chapter of a lifelong journey. (Now that I've written it here... I'd better finish creating it 😊)
- 💰 Explore **our membership formats**—whether you're seeking inspiration and theory, prefer to watch and learn at your own pace, or want deeper feedback and guidance. We offer multiple levels so you can choose what fits your goals, time, and rhythm best.

Each path is flexible and designed to suit different stages of your journey—because **no two horse-human partnerships are the same**.

➡ You'll find all the details here:

pferdeinbalance.com/pib-membership-registration

Whether you're exploring on your own or stepping into the community, I'm so happy to share this journey with you.

PIB Community Highlight

And perhaps the most beautiful part? You don't have to walk this path alone. The PIB community is made up of thoughtful, curious, and kind-hearted horse lovers from all around the world. We learn together, support one another, and celebrate the quiet breakthroughs—the subtle shifts, the shared smiles, the deepening of connection. It's a place where questions are welcome, progress is personal, and every step forward—no matter how small—is seen and valued.

FINAL WORDS

This path is not about perfection.

It's not about control.

And it's certainly not just about results.

It's about *becoming*.

Becoming more aware.

Becoming more responsible.

Becoming more connected—within ourselves, and with the horses we walk beside.

We don't train to *make* something happen.

We train to *let* something unfold.

To co-create, to listen, to shape—step by step, with clarity and compassion.

We don't seek performance for its own sake. We seek *understanding*.

We don't push for obedience. We build *trust*.

We don't aim to impress. We strive to *connect*.


From **trust** to **understanding**.

From **softness** to **strength**.

From **curiosity** to **collection**.

This is not a method.

This is a mindset.



| *'This is not a method. It's a way of meeting the horse.'*

A way of being with horses that values dialogue over dominance,
and presence over pressure.

It's a living, breathing, evolving partnership—where both horse and human grow. Together.

| *'Connection is not a technique. It's a way of being.'*

If something resonated with you as you read, I invite you to pause, reflect, and maybe even try a new conversation with your horse today.

And whether you're in a quiet pasture in Europe, a busy barn in the U.S., or anywhere else in the world—know that you are not alone in walking this thoughtful, heart-led path.

With warmth,

Carolin

YOUR JOURNEY CONTINUES

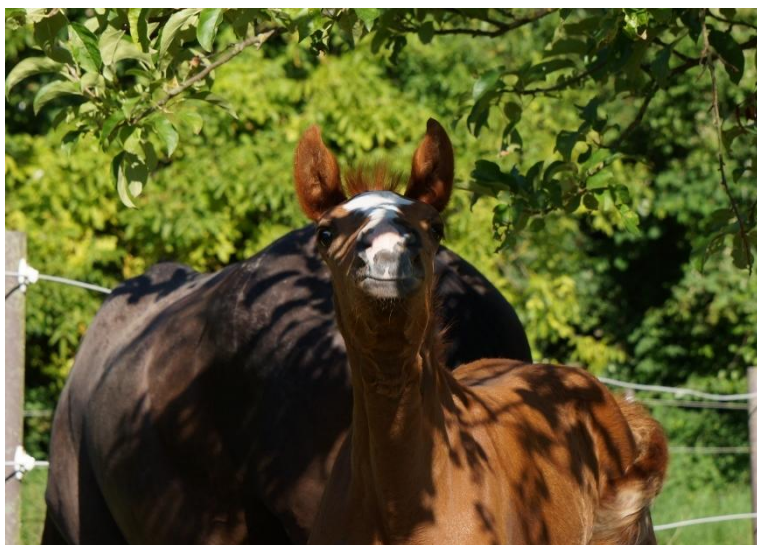
Wherever you are, there's always another step.

Another moment to feel.

Another pause to listen.

Another breath to begin again.

Let this be the first step—or the next one—in a path that leads to more softness, more strength, and more connection.



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