

Kindred Spirits

Horsemanship & Riding Instruction

Synergy, spiritualism, connection...these are not words typically associated with horseback riding. Sheryl Jordan, one of the most gifted riding instructors in our area and owner of Kindred Spirits, disagrees. Sheryl goes beyond teaching the mechanics of riding...she teaches total horsemanship skills. Her unique approach touches on not only the physical aspects of riding, but the emotional, mental and spiritual connection we can achieve with the horse.

Sheryl's love of horses came early in life. She grew up in the horse country of Northern Virginia and throughout the years has worked on a Quarter Horse breeding farm, has managed boarding and hunter/event stables, and was a professional whip for the Warrenton Hunt in Virginia. For the past ten years, Sheryl was the Director of the Equestrian Center at the Nemaocolin Woodlands Resort & Spa. She has been a riding instructor for over 30 years and is certified by the American Riding Instructor's Association and the Certified Horsemanship Association.

She began Kindred Spirits this past winter and is excited to focus solely on teaching. Kindred Spirits is located at Bowser Farm Stable on Old Pigs Ear Road in the cove area of Grantsville, just 13 miles from Deep Creek Lake. The farm features an 8-stall barn, indoor arena, outdoor arena, and round pen. Located on 100 acres with a spring-fed pond, rolling farmland, and wooded trails, the facility is a serene spot to enjoy an educational experience with an equine.

Sheryl offers lesson plans and clinics for all ages and abilities. She will also be offering three day Horsemanship Session Programs

this summer. Lasting just 3 - 4 hours in the morning, these are a great way to help occupy both children and adults. Week-long Horsemanship Clinics will be offered as well to horse and pony owners wishing to increase their equestrian knowledge. Sheryl will also come to your barn and teach if you wish.

An Equine Connection Session will also

be available — this three hour session of groundwork and round-pen education allows people of all ages to explore horsemanship and learn more about themselves in the process. No prior horse experience is required.

Sheryl is a firm believer in the mental and physical benefits of horses. "They nurture compassion, respect, responsibility, and self

control, while contributing to self-esteem and physical fitness," she explains. Throughout the years Sheryl's students have consistently placed in the top ribbons and have brought home champion or reserve medals from their shows. She has pages of testimonials to share but the one from her daughter Angela probably says it best: "Many other trainers and horse people have complimented me on my beautiful seat and soft hands. Through lessons and example, my mother has not only taught me riding skills, but life lessons as well. She has taught me to have compassion and respect for all living things ... Most of all, my mother has taught me that riding is not just something done with your body, but with your mind, emotions and mostly your spirit."

Sheryl will be holding an Open House Barn Warming on Sunday, June 26 from 2 - 6 PM. For more information about this or any of her services, contact Sheryl at 301-746-6320 or 301-616-6361 or visit her website at www.kindredspiritshorsemanship.com.



Sheryl (left) with her daughter Angela and their pony Sugar Maple. (Photo by Max Beitzel)