

BRITTA | BEING HERD

Being Herd

PROGRAM
overview

MEMBERSHIP PROGRAM CONTENT

Hello!



Welcome to the World of Wild Horses!

This guide gives you an overview of all the weekly videos we'll explore inside Being Herd.

The program is structured in 5 Levels and is a doorway into the way horses have always communicated – with each other, and with us, if we're willing to listen.

The 5 Levels are your roadmap through that journey. Not a technique to master, but a path to walk – one that might change the way you see your horse, your role, and your relationship together. And all of that starts with curiosity.

I would love to welcome you inside Being Herd.

Britta | Being Herd

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THE 5 LEVELS

1 - A NEW BEGINNING

2 - INVITATION

3 - BECOMING HERD

4 - ASSUMING TASKS

5 - NATURAL LEADERSHIP

Weekly Videos

LEVEL 1: WILD HORSES

- 1** It takes a Village
- 2** How Herds Form
- 3** Rank
- 4** Lead Stallion and Lead Mares
- 5** Young Horses
- 6** Play
- 7** Conflicts Within the Herd
- 8** Conflicts Between Herds
- 9** Conflicts Among Our Horses



FOUNDATION WITHIN

- 10** Confidence
- 11** Responsibility

Weekly Videos

LEVEL 2: INVITATION

- 12** Mirroring
- 13** First Steps
- 14** First Days



FOUNDATION IN TOGETHERNESS

- 15** Empathy



LEVEL 3: SENSES

- 16** Beyond Words
- 17** Sight, Sound & Body Language
- 18** Touch, Scent & Motion

Weekly Videos

INFLUENCES ON COMMUNICATION

- 19** Seasons
- 20** Daybreak
- 21** Nightfall
- 22** Land & Age
- 23** Mare & Stallion
- 24** Fiery & Bold
- 25** Steady & Strong
- 26** Deep & Connected



SOCIAL DYNAMICS

- 27** Contact
- 28** Personal Space
- 29** Resilience
- 30** Building Bonds

Weekly Videos



LEVEL 4: TEAMPLAY

31 Teamwork

32 Guiding

33 Leading

34 Learning

ONE DAY AT THE BARN

35 Welcome

36 Gentle Moments

37 Being Social

38 Activities

39 Adventure Walks

40 Good Bye



Weekly Videos

LEVEL 5: SPECIAL TASKS

41 Calm Presence

42 Let's Go

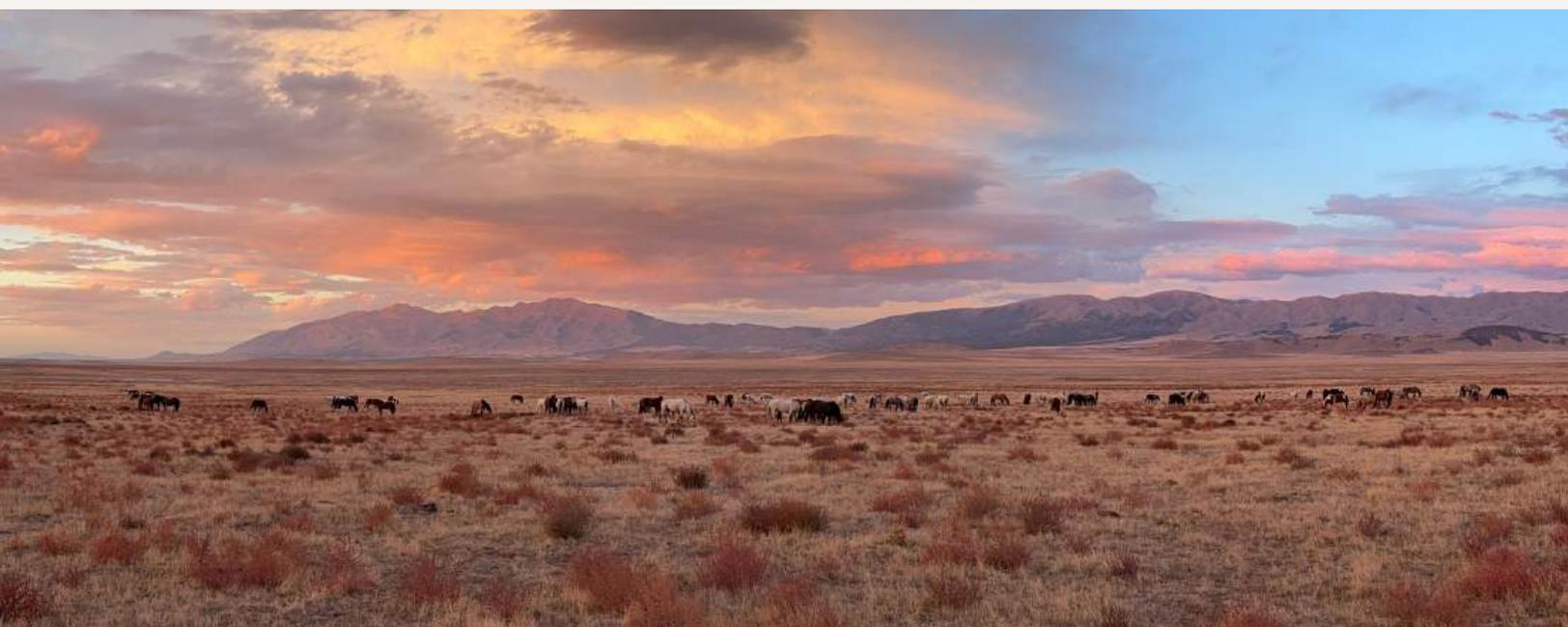
43 Protection

44 Boundaries

SPECIAL RELATIONSHIPS

45 Conquest & Breeding

46 Deep Friendships



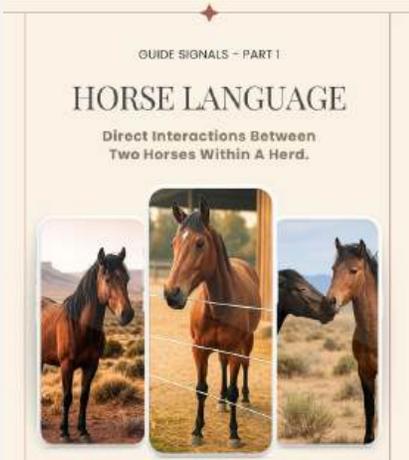
Weekly Videos

HERD CHARACTER

- 47** Energetic Herds
- 48** Tolerant Herds
- 49** Grounded Herds
- 50** Structured Herds
- 51** Peaceful Herds
- 52** Integration
- 53** Outlook



Practical Guides



- 01** Guide – Into the Herd
- 02** Guide – 1. Signals 1-on-1
- 03** Guide – 2. Signals Within
- 04** Guide – 3. Signals Between

Inner Practice



E - B O O K S

- 01** Self-Care
- 02** Leading From Within
- 03** Guiding With Intention
- 04** Relational Leading

G U I D E D M E D I T A T I O N S

- 01** Self-Love
- 02** Releasing My Horse
- 03** Intuition
- 04** Dream Vision
- 05** Change of Perspective
- 06** Transform Negative Emotions
- 07** Inner Child
- 08** Ascending My Throne



Inner Practice

EXERCISES & WORKBOOKS

- 01** Shaking Practice
- 02** Mine or Yours
- 03** Feel Your Body
- 04** Boundaries
- 05** Resilience
- 06** Workbook: The Dream Begins
- 07** Workbook: Change of Perspective

