

HORSE TIMES



no. 68

SPRING 2024

THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST



IN-DEPTH WITH

OLGA SAFRONOVA

A LIFETIME JOURNEY OF HAPPINESS

GEZIRA RIDING CENTER



GEZIRA SPORTING CLUB

EQUICARE

Equicare - Gezira riding center



FOR RESERVATIONS:

010-33-66-11-77

012-10-79-99-97



m.facebook.com/EquicareRidingCenter/



FAMILY

Chairman

Khaled Assem

khaledassem@horsetimesegypt.com

Managing Editor

Farah Rezeika

farahrezeika@horsetimesegypt.com

Horsetimes Consultants

Menna Loutfy

mennaloutfy@horsetimesegypt.com

Nermin Marwan

nermine.marwan@horsetimesegypt.com

Art Director

Salonaz Sakr

salonazsakr@horsetimesegypt.com

Social Media

Farah Rezeika

Social Media Designer

Omneya Mohamed

Omneyamohamed@horsetimesegypt.com

Writers & Contributors

Egypt Horse Photography

Farah Rezeika

Khaled Assem

On the cover

Olga Safronova

Social Media

Farah Rezeika

Photography

Badia Magazine

Central Press Photos

Daniel Kaiser

Egypt Horse Photography

Guzelian

Horses Daily

HQ Magazine

Jill Soukup

Luis Ruas

Mariia Staroseltseva

Monique de Smit

Monique Hagedorn

Ninon Art

RB Presse

Rolex Newsroom

Accounting

Reimy Kamal Mohamed

Distribution Officers

Hossam Rabie

Mahmoud Faheem

Printing house

Headline Printing & Design

Editor in Chief

Mohamed Pharon

Publishers

Permanent Press Ltd. Nicosia, Cyprus

Head Office

EQUICARE 2, Bahgat Ali Street, Zamalik, Cairo – Egypt

Tel: +2-02-27356939

Fax: +2-02-27354348

For Inquiries

Info@horsetimesegypt.com

www.horsetimesegypt.com

THE ART OF EQUITATION

FOR NOVICE AND EXPERIENCED RIDERS

RIDING LESSONS

SHOW JUMPING LESSONS

DRESSAGE AND EQUITATION LESSONS

📍 FEROUSIA RIDING CLUB-ELZAMALEK

For more information please contact:

Tel & Fax: +2 02 27356939 +2 02 27354348
Mob: 01001114815



VIEW POINT FROM THE CHAIRMAN

Dear Readers,

Welcome to another online issue of **HorseTimes**.

2024 kicks off with plenty of equestrian events: the **FEI World Cup** finals, the **Paris Olympics**, the **Rolex Grand Slam**, the **Morocco Royal Tour**, etc. Follow up with us on all of the above.

Olga Safronova and a path that was influenced by her mom, who planted this passion, yet much more than that, she planted unmatched resilience. **Olga** has to change nationality to chase her Olympic dream and more. **Yuri Mansur**, the **Brazilian** show jumper who became a riding celebrity due to his passion and hard work, shows a charming, calculated side of his character. **Rebecca Greggio** and her love for vaulting since she was 10, her best moments, best horses, and favorite memories...

Promoting wellness and performance through horse massage therapy is a subject worth dwelling on. Horses and art with **Ninon**, an artist who finds joy and inspiration in celebrating the beauty of animals and nature, as well as Jill **Soukup**, who is known for her artistic talent and affinity for horses. And back to training tips and discussing harmony and balance in the saddle through the different gates and how that affects and structures your riding.

Last but not least, a throwback review of our heritage in show jumping with the one and only **Harvey Smith**.

Read on and enjoy.

Khaled Assem

BOND WITH YOUR HORSE



EXCELLENCE



wax

For saddle and shoes



"The complete care for a lifetime of leather love."

www.excellence-equine.com

+201157555666 | +201156555666

Head office : 18 AL Khalifa AL Maamoon St.- Heliopolis- Cairo – Egypt
Sales office: A1 Tayaran St.- Villa ST- Nasr City- Cairo – Egypt



CONTENTS

PROFILES AND INTERVIEWS

IN-DEPTH WITH

OLGA SAFRONOVA

8

EXCLUSIVE INTERVIEW WITH

YURI MANSUR

13

EVENTS

THE BIGGEST EQUESTRIAN EVENTS IN 2024

18

HISTORY

HARVEY SMITH: A SHOWJUMPER FOR THE AGES

24

60 SECONDS

WITH REBECCA GREGGIO

30

MEDICAL

HORSE MASSAGE THERAPY

36

TRAINING TIPS

MOVING WITHIN YOUR HORSE'S PACE

42

HORSE ART

A JOURNEY INTO THE ARTISTIC WORLD OF NINON

48

AN INTERVIEW WITH THE ACCLAIMED ARTIST JILL SOUKUP

54

SIHAM MOHARRAM ART

60





DRESSAGE

IN-DEPTH WITH

OLGA SAFRONOVA

By Farah Rezeika

OLGA SAFRONOVA IS AN ACCOMPLISHED DRESSAGE RIDER KNOWN FOR HER DEEP CONNECTION WITH HORSES. HER TRAINING METHODS EMPHASIZE LOVE, PATIENCE, AND UNDERSTANDING. DESPITE FACING CHALLENGES RELATED TO RELOCATION AND CITIZENSHIP CHANGES, OLGA OVERCAME THEM AND QUALIFIED FOR THE OLYMPIC GAMES IN PARIS. GET READY TO DIVE DEEP INTO THE WORLD OF EQUESTRIAN EXCELLENCE WITH THE CHAMPION OLGA SAFRONOVA!

Take us back to the very beginning. What are your earliest memories of being around horses and what sparked your desire to ride?

I first got on a horse before I was born. My mom is an equestrian coach. When she was pregnant with me, she was still riding for a few months. My mother told me that when I was first consciously put on a horse, I was about a year old, and she had to take me off the horse together with the saddle.

Can you tell us about your training methods and how you build such a deep connection with your horses?

It is a very long and difficult journey. I believe that only absolute love for the horse, time, patience, and a desire to learn can help a rider truly master this art. Horses have always come first in our family. I know everything about each of my horses. My mother taught me to take care of a horse, to be sure that I did everything to make a horse have a happy life.

If we talk about the trainings, I try to make them varied and interesting. I always start work with gymnastic exercises and do not do more than 2-3 elements during one training session.

You have such a deep bond with your horses. Can you tell us about the horses you currently own, their names, and their unique personalities?

The most important person in our family is, of course, **Sandro D Amour!** He is my absolute love, my soul, my friend, and my faithful partner! Very soon he will turn 16, and we have been together for almost 13 years. I bought him when he was 3 years old. *I owe it all to this unique horse!*

My other horse is 9-year-old Leo; he is a bright chestnut color, and he absolutely lives up to his name. He is a true lion! A hot, bright, strong, emotional, and very intelligent horse. He is very interesting to work with.

My youngest horse, a 4-year-old All-In, is a beautiful son of secret. I have had this horse for a year now, and he is one of the most talented young horses I have ever worked with.

Did you face any unexpected challenges throughout 2023? How did you overcome them and what did you learn from the experience?

2023 was the continuation of my story of forced relocation from Belarus and finally finishing all the procedures for changing my citizenship and returning to the sports arena. At the beginning of the year, I changed my sports federation to the Polish one and was able to compete again.

The experience of the last few years has taught me to accept the circumstances of life but never to give up. When I was denied the opportunity to compete at the Tokyo Olympics, I felt like



my life was on pause. But a quick move to a new country, new people around me who helped me a lot, and new opportunities to continue my sports career gave me back my confidence.

What was your proudest moment of 2023?

Sandro and I managed to become vice-champions of Poland, started competing, in international competitions, and got half of the qualification points for the Olympic Games in Paris.

What are your goals for 2024? Do you have any specific competitions or achievements in mind?

Of course, all goals and plans are now focused on Paris. My whole schedule and life now is focused on training, getting the second half of the qualification and of course getting on the team for the Olympic Games.

What is your favourite piece of advice you've ever received from another rider or mentor?

My coach, Irina Karacheva, always told me that if something doesn't work today, it will work tomorrow.

What originally drew you to dressage as your chosen equestrian discipline?

I genuinely enjoy working long and hard with horses. I enjoy it much more than even competing. When you can feel that long-awaited response from a horse, it is a feeling incomparable to anything else.

Before choosing dressage, did you explore other riding styles?

Yes, sure! I was a show jumping rider until I was 19. When I was 16, I even participated in a junior eventing competition. At some point, I had the opportunity to try dressage, then Sandro came into my life, and then I realized exactly what I was meant to do.

If you weren't a dressage rider, what do you think you'd be doing instead?

I would definitely be around horses. No matter where or by whom. Looking into those eyes and touching their soft noses is a must for me. Maybe I'd do music at the same time, like playing the piano, but I'm just sure I'd bring the piano to the stables in that case, too.

Looking further ahead, where do you see yourself and your dressage career in the coming years?

I hope that my level will rise. I would like to have even more talented horses, to train even more, and to compete in even bigger competitions. With every horse, every day I learn something new. 🐾



SHOWJUMPING

EXCLUSIVE INTERVIEW WITH YURI MANSUR

By Farah Rezeika

YURI, A BRAZILIAN SHOW JUMPER, DEVELOPED A PASSION FOR HORSES WHILE SPENDING VACATIONS ON A FARM. DESPITE EQUESTRIAN SPORTS NOT BEING CULTURAL IN BRAZIL, YURI DRAWS INSPIRATION FROM TALENTED RIDERS. WHEN SELECTING HORSES, HE VALUES A WINNING SPIRIT AND GOOD UNDERSTANDING. AACHEN HOLDS A SPECIAL PLACE IN HIS HEART, AND HE ENJOYS JUMPING IN BASEL. CATCH A GLIMPSE INTO THE LIFE OF YURI.





Yuri, we all know you're an incredible show jumper, but what sparked your passion for horses in the first place? Did you grow up around them, or was there a particular moment when you fell in love with these beautiful animals?

First of all, thank you for this interview. It's always good to show all sides of our sport and how we deal with our animals.

I started very late in the sport; I started when I was 14 years old. It all happened on a farm, where I used to spend my vacations, and from there, I never stopped with horses.

You've had the opportunity to ride top-quality horses throughout your career. What traits do you look for in a horse that makes you confident they will be successful in the show jumping arena?

For sure, when I search for a horse for myself, the first thing I try to feel is if the horse has a winning spirit and a good mind. If he rides in your favor, if he is smart and understands my language, we can teach the horse a technique and improve his muscles and everything related to that. But if he is not in your favor, the game is over.

Every rider has a favorite venue or competition that holds a special place in their heart. Which show jumping event is particularly memorable for you, and why?

It is hard to choose some shows because our sport has evolved a lot and all shows take care of so many details about your horse and the riders that it is becoming harder and harder to choose only one show.

But for sure, I need to say Aachen, since this is an event every rider wants to attend for its tradition and its recognition around the world.

And I need to say that I really like jumping in Basel. The atmosphere there makes me feel very good!

You've achieved so much already in your career - can you tell us about some of your proudest accomplishments and what they mean to you?

I always like to think that any win is significant. Not only for me, but for my team, starting from my blacksmith, to my vet, riders, and especially my grooms. They all win. For all my history and journey, I have to say winning Aachen with Miss Blue was incredible, as was being

placed 4th with Vitiki in the World Cup finals.

Yuri, thank you for sharing your insights so far. Now, let's switch gears and have some fun with a quick-fire round of short questions!

What's your favorite equestrian discipline other than show jumping?

Driving

What's your go-to comfort food after a long day of training?

Chocolate milkshake

What's one item you can't live without at horse shows?

Black straight Pelham

What's the most memorable fan encounter you've had?

In Basel, there is a little girl; she always comes to the tribune to say hi to me. Every year she is there. There is also one German lady; she carries photos of all riders and gives it to them every time.

What's your favorite non-horse-related hobby?

Formula 1

If you could travel to any destination for a vacation, where would you go?

Florianopolis - Brazil

Have you thought of visiting Egypt before, or any country in the Middle East?

Yes, I was already in Qatar with my family and Riyadh. Incredible places.

What's the craziest thing you've ever done outside of show jumping?

Everything we do in between shows is crazy. We travel to the four corners of the globe every single week. We compete and perform, have a business, and have a family to take care of as well. It's a crazy job, but it pays off every single day. 🐾

Platz-Max

Professional levellers for maintenance of riding areas



The most experience – the widest range



"Platz-Max Multi" – universal leveller for maintenance of nearly all riding surfaces. The smoothing board and roller operate alternately by hydraulic mechanism.



"Platz-Max NL-GW" – with swivelling mechanism equipment and anti blocking up lattice roller for universal use. Exclusive on duty in Tokyo during the Olympic Games.



Rampelmann & Spliethoff GmbH & Co. KG
Steel building business · Mechanical engineering · Motor-driven equipment
Greffener Straße 11 · D-48361 Beelen · Germany
Tel. + 49 (0) 25 86 / 93 04 - 0 · Fax + 49 (0) 25 86 / 93 04 - 30
info@rasplie.de · www.rasplie.de · www.platz-max.com



Sole Agent in the Middle East: Equicare Company
2, Bahgat Ali Street, Floor G1, El-Masri Towers · Zamalek 11211 · Cairo · Egypt
Tel. + 2 02 27 35 69 39 · Fax + 2 02 27 35 43 48
info@equicareproducts.com · www.equicareproducts.com



"Platz-Max Giga" – for fast levelling and watering large and little riding areas. Very manoeuvrable by special connection to the tractor. 2 hydraulic levelling units, 4 rows of water spayers to switch on/off separately (up to 180 l/min.), 3 sizes of water tanks and lot of extras.



"Platz-Max Turf" – especially developed for the use on large race courses, where a quick smoothing between several horse-racings is required. Folding by hydraulic.



"Platz-Max Rain" – levelling and watering, all in one operation with swivelling mechanism. Working flexible inside and outside.



"Platz-Max FF" – with swivelling mechanism and special roller pressing on the surface layer again. Used to maintain the variety of jumping-grounds.



"Platz-Max Roll" – can be attached to any towing vehicle. With hydraulic adjustable chassis for easy road transport.



EQUINE FACILITY MANUFACTURERS

Delivering tailored made designs

+2 01272400030 | +2 0224162000

5 AL AHRAM ST, HELI OPOLIS , CAIRO , EGYPT

WWW.KHEYUL.COM | INFO@KHEYUL.COM



THE BIGGEST EQUESTRIAN EVENTS IN 2024

By Farah Rezeika



FEI
WORLD CUP
FINALS 2023



FEI World Cup Finals

April 16–20, 2024

The **2024 FEI World Cup** Finals for dressage and show jumping are scheduled to be held in **Riyadh, Saudi Arabia**. The event is set to be held in the Riyadh International Convention & Exhibition Center and will mark the conclusion of the **2023–24** Dressage and Show jumping World Cup Seasons.

PARIS 2024



Paris Olympics

Jul 26 – Aug 11, 2024

The equestrian campaign kicks off on **July 27** with eventing, where Team and Individual medals will be awarded on **July 29**. Dressage competitions will take place from **July 30 to August 2**, with the Team and Individual finals scheduled for **August 3 and 4** respectively. Jumping events begin on **August 1**, and the equestrian schedule concludes with the Individual final on **August 6**.




Rolex Grand Slam

The Rolex Grand Slam is the ultimate challenge in the realm of Show Jumping, bringing together the four prestigious majors in a groundbreaking fusion of competition. From **March 7 to 10**, The Dutch Masters sets the stage, followed by the iconic **CHIO Aachen** from **June 28 to July 7**. Then, the spotlight shines brightly on the renowned Spruce Meadows “Masters” from September **4 to 8**, before culminating in the grand finale at **CHI Geneva** from December **11 to 15**.



Morocco Royal Tour

Sep 19 – Oct 6, 2024

The highly anticipated **Morocco Royal Tour 2024**, now in its **13th** edition, promises an exciting series of equestrian events in three vibrant cities. Kicking off in Tetouan from September **19 to 22**, then moves to **Rabat** from September **26 to 29**. Finally, the tour concludes in **El Jadida** from **October 3 to 6**. 

A SHOWJUMPER FOR THE AGES HARVEY SMITH

By Farah Rezeika



HARVEY SMITH, THE YORKSHIREMAN WITH A BROAD ACCENT AND AN EVEN BROADER PERSONALITY, CARVED A UNIQUE PATH THROUGH THE WORLD OF SHOWJUMPING, LEAVING BEHIND A LEGACY AS COLORFUL AS HIS PERSONALITY.

BUT BEYOND THE THEATRICALS LIES A STORY OF TALENT, DEDICATION, AND A DEEP LOVE FOR HORSES. LET'S TAKE A RIDE THROUGH HIS REMARKABLE LIFE AND CAREER.



Harvey Smith's impact on showjumping hasn't dimmed with time; even after more than three decades of his retirement, the world of showjumping comes alive with a vibrant energy when Harvey Smith's name is uttered. This isn't just a testament to his extraordinary skill in the arena but also to the electrifying personality that transcended the sport itself, leaving a permanent mark on the equestrian landscape. **Harvey Smith is a man who redefined**

showjumping and left an inerasable mark on its history—a man who refuses to fade, even after more than 30 years since his last competitive leap.

Harvey Smith achieved remarkable milestones in his career during multiple decades. In 1958, he made his mark by clinching his first major show jumping victory with Farmer's Boy, setting the stage for a series of triumphs to follow. Smith

showcased his exceptional skills by winning the prestigious John Player Trophy an impressive seven times. His achievements also included a triumphant victory in the King George V Gold Cup and an outstanding record of four British Jumping Derby wins. Although he fell short of Olympic medals in both the 1968 and 1972 Games, he did, however, secure five medals at the European Championships, including three in the individual event, and attained the honor of being the bronze medalist at the 1970 World Championships.

While it is nearly impossible to discuss Harvey Smith's remarkable achievements in show jumping without acknowledging the incredible partnership he formed with Farmer's Boy. Together, they triumphed in the leading showjumper of the year at Wembley in 1959 and conquered the national championship at Blackpool. Farmer's Boy made history as the first horse that Harvey guided through the inaugural running of the Hickstead Derby in 1961. While the accomplishments achieved alongside Farmer's Boy are undeniably remarkable, they only scratch the surface of Harvey Smith's exceptional career.

Harvey Smith showcased his diverse talents beyond the saddle. He ventured into the realm of literature, authoring several books about equestrian sports, including notable works like **"V is for Victory"** and **"Show Jumping with Harvey Smith."** But his ventures didn't stop there. In the 1970s, Smith briefly embraced a career as a professional wrestler and even explored his musical talents as a professional singer. As time went on, in 1990, Smith retired from competitive riding and joined forces with his wife and former showjumper, Sue Smith, to establish a racing team at their Yorkshire base. Together, they continued their passion for horses, channeling their expertise into the world of horse racing and leaving an indelible mark on the sport yet again.

As we reflect upon the extraordinary career of Harvey Smith and the countless other historical equestrians who have made significant contributions to the equestrian world, it is essential to honor their legacy.

Their talent, passion, and unwavering dedication serve as an inspiration to future generations of riders and enthusiasts.



EXCELLENCE

BOND WITH YOUR HORSE



📍 **Head office : 18 AL Khalifa AL Maamoon St.- Heliopolis- Cairo – Egypt**
Sales office: A1 Tayaran St.- Villa ST- Nasr City- Cairo – Egypt

☎ **+201157555666** | 📞 **+201156555666**



www.excellence-equine.com



60-SECONDS WITH REBECCA GREGGIO

By Farah Rezeika

FIRSTLY, CONGRATULATIONS ON YOUR INCREDIBLE ACHIEVEMENT IN WINNING THE FEI VAULTING WORLD CUP FINAL 2024 IN BASEL! HOW DOES IT FEEL TO COME OUT ON TOP AGAINST SUCH TOUGH COMPETITION AND BE CROWNED THE CHAMPION?

It was amazing...we're still not able to realize what we've done.

WHEN DID YOU START VAULTING?

I started vaulting at the age of 10.

HOW MANY YEARS HAVE YOU BEEN COMPETING PROFESSIONALLY?

Since 2016...I started with the individual and then in 2021 me and Davide started working together also in the Pas-De-Deux category.

HOW MANY CHAMPIONSHIPS HAVE YOU WON SO FAR?

At the moment this is our first title!

WHAT'S THE NAME OF YOUR CHAMPION HORSE?

His name is Orlando Tancredi, he's a beautiful huge grey gelding.

WHAT DO YOU LOVE MOST ABOUT COMPETING?

I really love the tension and the emotions I feel during competitions.

WHAT'S YOUR BIGGEST COMPETITION GOAL?

My biggest competition goal is to really enjoy myself doing the thing I love the most; vaulting with my horse and my friends.



WHO HAS BEEN YOUR BIGGEST INFLUENCE THROUGHOUT YOUR CAREER SO FAR?

If I have to mention someone who inspired me I think I would say different vaulters in different moments of their careers.

IF NOT AN EQUESTRIAN, WHAT CAREER WOULD YOU CHOOSE?

I like playing tennis and volleyball, so maybe I'd choose one of those...I think tennis!

WHAT DO YOU DO FOR FUN OFF THE COMPETITION CIRCUIT?

I like to spend quality time with my friends. I'm always busy with trainings and my university exams that I can have only few moments of free time.

WHAT IS THE LAST PLACE YOU TRAVELED FOR COMPETITION?

I went to Basel, in Switzerland, last month for the FEI World Cup Finals.

WHAT IS YOUR FAVORITE EQUESTRIAN MEMORY?

My favorite equestrian memory was sharing the World Cup title with my horse, my partner Davide, my family and all my team members!

ARE YOU A MORNING PERSON OR NIGHT OWL?

Definitely not a morning person. I prefer staying up late at night.

BESIDE HORSES, WHAT'S YOUR FAVORITE ANIMAL?

I love dogs. I think in a certain way they're similar to horses.

DO YOU HAVE ANY FAMILY MEMBERS WHO ARE INVOLVED IN VAULTING?

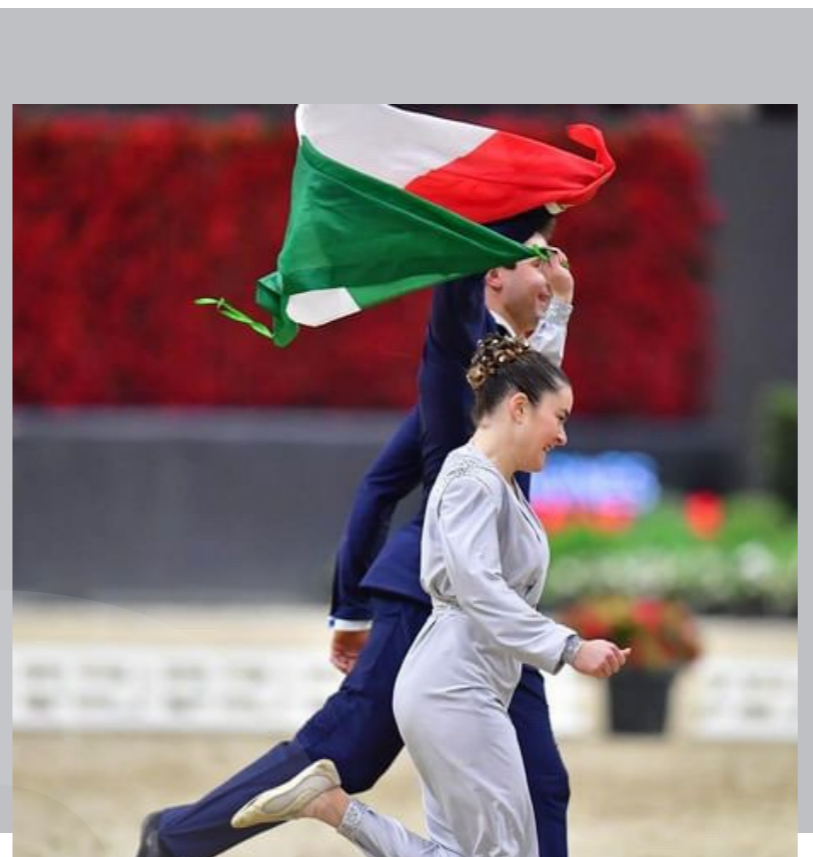
Definitely not. My parents are scared of horses!

WHAT'S NEXT FOR YOU IN 2024?

I'm now focusing on preparing the new programs for this year's FEI World Championships while studying to graduate in economics and law at the university as soon as possible.

BEFORE WE CONCLUDE, WHAT ADVICE WOULD YOU GIVE TO YOUNG RIDERS?

Believe in yourself and never stop dreaming. The key of success is inside you and you must believe in it and work, even during hard times, when everything seems lost, keep fighting for your dreams because it's worth it! 🐾





EQUINE FACILITY MANUFACTURERS

Delivering tailor-made designs

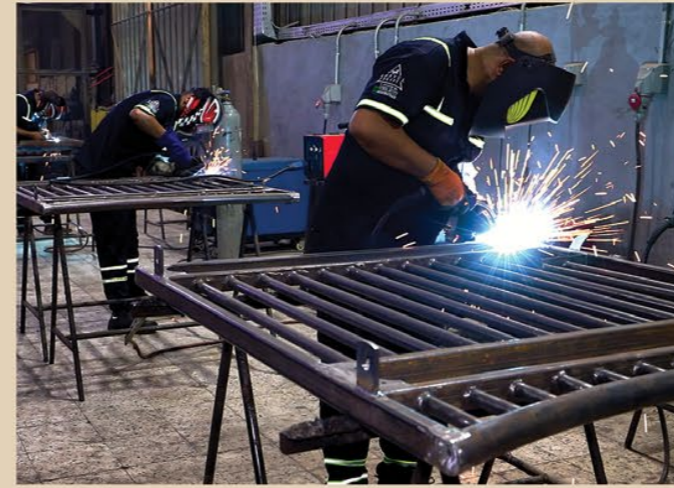
We produce top-quality stable doors, stable partitions, barn entrance doors, horse walkers and supply all needed products including all required accessories.



+2 01272400030 | +2 0224162000

5 AL AHRAM ST, HELIOPOLIS , CAIRO , EGYPT

WWW.KHEYUL.COM | INFO@KHEYUL.COM



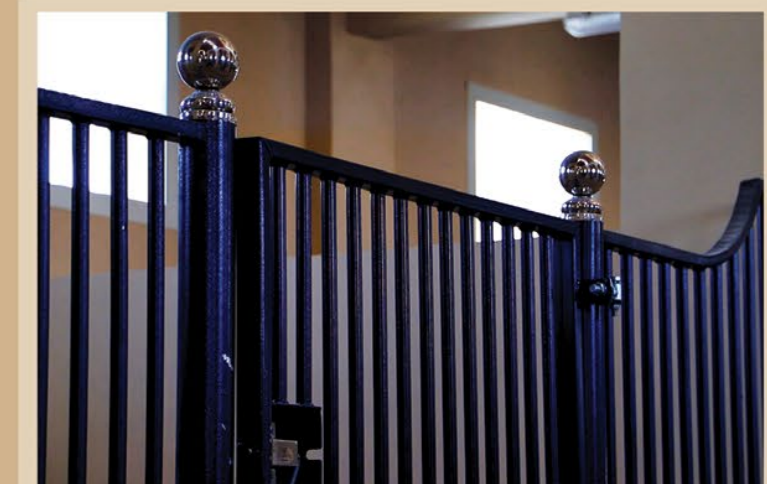
In-house manufacturing according to the highest standards. Tailored for each equine facility according to their specifications and requirements.

Hot Dip galvanization provides higher protection against corrosion for higher durability.



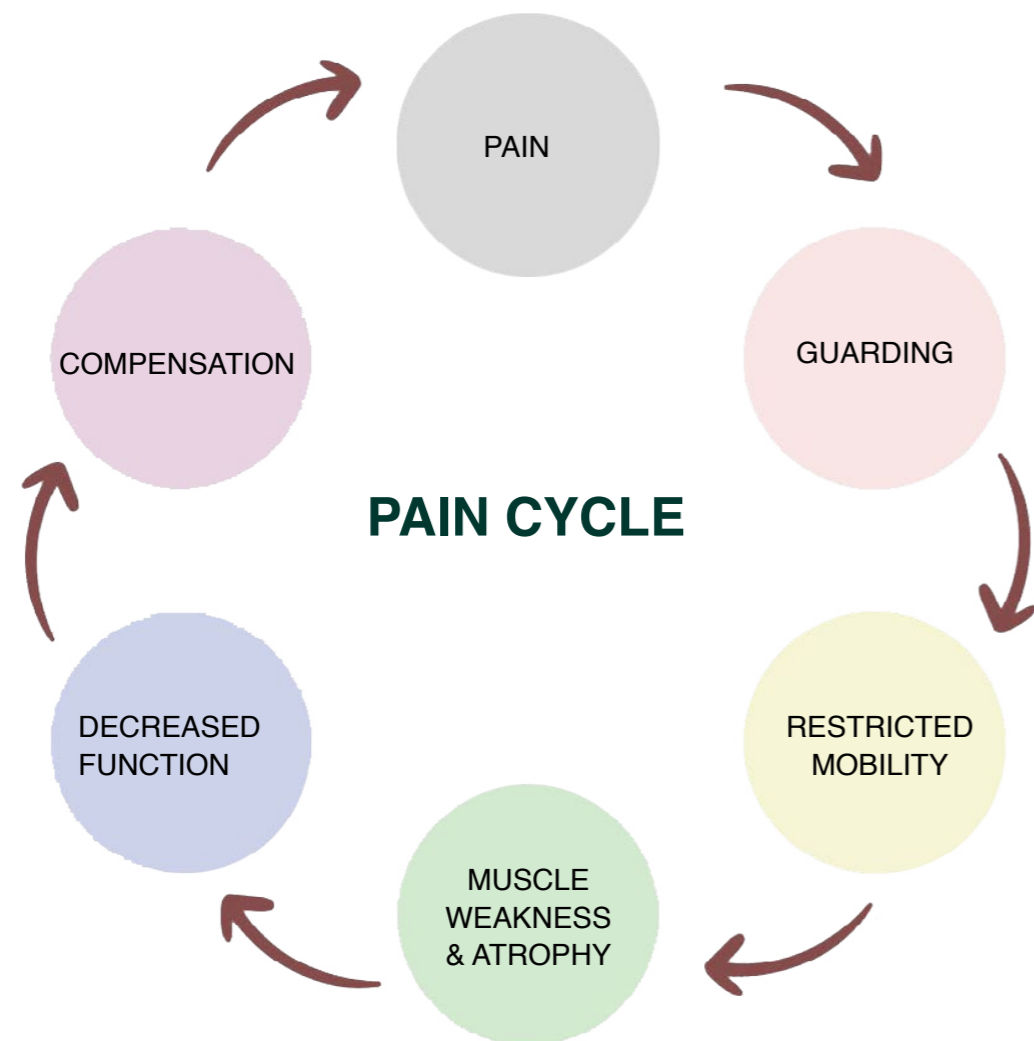
Electrostatic powder coating topping the hot dip galvanization for a high-quality finish. Various colors available.

A smart locking system ensuring ease of usage and higher safety. Different accessories available to deliver a more personalized look.



HORSE MASSAGE THERAPY PROMOTING WELLNESS & PERFORMANCE

By Egypt Horse Photography



MAINTAINING THE HEALTH AND WELL-BEING OF OUR EQUINE PARTNERS SHOULD BE A TOP PRIORITY FOR ALL RIDERS AND OWNERS. JUST LIKE HUMANS, HORSES CAN EXPERIENCE MUSCULAR PAIN. HOWEVER, NOT EVERYONE IS SKILLED AT INTERPRETING THE SIGNALS HORSES USE TO COMMUNICATE THEIR DISCOMFORT. THEREFORE, IT IS OUR RESPONSIBILITY TO RECOGNIZE AND ADDRESS ANY DISCOMFORT OUR FOUR-LEGGED COMPANIONS MAY HAVE. IN THIS ARTICLE, WE WILL EXPLORE THE BENEFITS OF MASSAGE THERAPY AND HOW IT PLAYS A VITAL ROLE IN MAINTAINING THE HEALTH AND HARMONY OF OUR HORSES.

WHAT IS MASSAGE THERAPY AND WHY DO HORSES NEED IT?

Massage therapy is a variety of non-invasive manipulations of soft tissues that aim for overall relaxation, pain relief, easing tension, and injury prevention. Massage is one of the many forms of bodywork alongside chiropractic, osteopathy, acupuncture, physiotherapy, myofascial release, craniosacral therapy, trigger point therapy, kinesiology taping, PEMF therapy, and others.

Equine massage therapy may initially appear as a luxury for well-off horse riders seeking to pamper their horses, but it actually offers far more than that.

Massage therapy serves as a great prevention and rehabilitation tool. It helps recognize and alleviate areas of tension, bringing relief and relaxation to the horse. By targeting specific muscle groups and using proper techniques, massage therapists can promote the healing process, reduce pain, and enhance the horse's overall well-being.

BENEFITS OF MASSAGE THERAPY

Massage therapy has proven to have numerous positive effects on the physical and mental health of horses.

PHYSICAL RELAXATION AND PAIN RELIEF

Horses, like any athlete, can experience muscle soreness and tension. Massage therapy can work wonders in relieving this discomfort by reducing muscle spasms and releasing endorphins, the body's natural painkillers. By promoting physical relaxation, massage therapy also facilitates faster recovery and helps prevent future injuries.

ENHANCED FLEXIBILITY AND RANGE OF MOTION

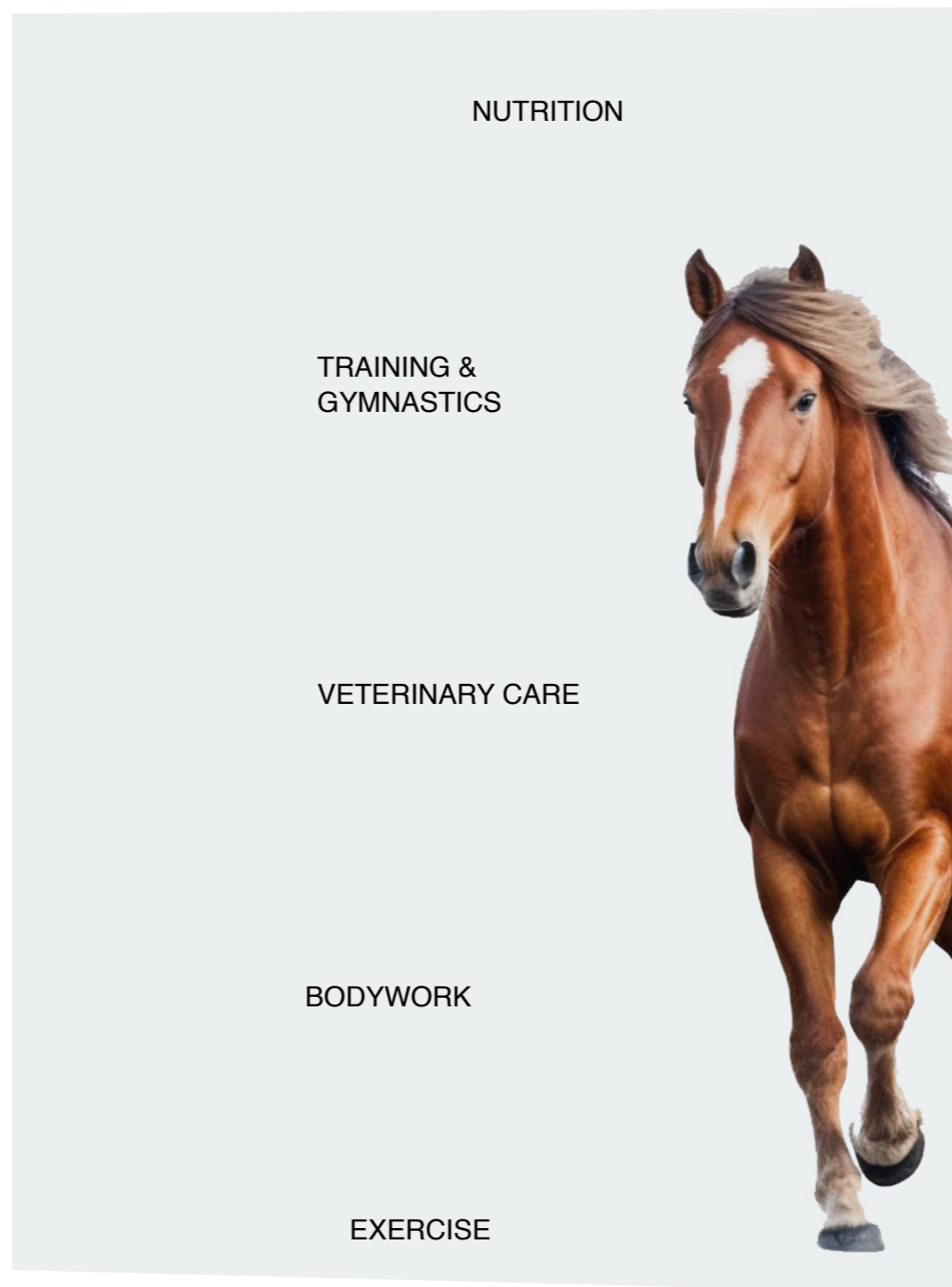
Maintaining flexibility and a full range of motion is crucial for horses, especially those engaged in athletic disciplines. Horse massage therapy aids in increasing joint mobility, lengthening shortened muscles, and reducing muscle imbalances and spasms. Through regular massage sessions, horses can achieve and maintain optimal physical condition, resulting in improved performance and a reduced risk of injury.

IMPROVED CIRCULATION AND LYMPHATIC DRAINAGE

Massage techniques stimulate blood flow and lymphatic drainage in horses. This increased circulation promotes the removal of toxins and waste products while boosting the delivery of oxygen and essential nutrients throughout the body. As a result, the horse's overall health and performance are enhanced.

STRESS RELIEF AND MENTAL WELL-BEING

Horses, like humans, experience stress and anxiety. Massage therapy provides a relaxing and calming effect, reducing the horse's emotional and mental stress. By promoting a sense of well-being and relaxation, massage therapy can help horses maintain a positive and focused mindset, leading to improved performance and overall happiness.



DOES MY HORSE NEED A MASSAGE?

Any horse can benefit from soft-manual therapy. Even if your horse is in perfect health, massaging them can greatly improve your relationship and build trust. However, massage therapy is particularly essential for horses that exhibit the following behaviors and signs:

** Rearing, bucking, and bolting under the saddle
Overall stiffness, short strides, and head tossing
Anxiety and defensive aggression*

** Atrophied muscles, poor body shape, and looking skinny regardless of the diet*

** Low energy, fatigue, depression, intolerance/hypersensitivity to touch, and irritability*

MASSAGE AS AN INSTRUMENT OF HOLISTIC APPROACH

The equine body can only function properly when all aspects of wellbeing are taken into consideration. Treating muscular disorders without first identifying and eliminating the root is both ineffective and inhumane.



It is important to understand that massage therapy should not be seen as a substitute for professional veterinary care. While some conditions can be addressed with massage, others require more invasive treatment.

CONTRAINDICATIONS

While most of the horses will certainly benefit from massage therapy, there are certain conditions when it is not recommended or even prohibited.

- Pregnancy in mares
- Dermatological and Neurological conditions
- Fresh injuries, wounds, swellings, or heat
- Recent vaccination, undiagnosed lameness, or dehydration
- Melanomas, tumors, or sarcoid

INCORPORATING HORSE MASSAGE IN YOUR HORSE'S WELLNESS ROUTINE

Now that you understand the many benefits of horse massage therapy, it is essential to work with an experienced equine massage therapist who understands the specific needs and sensitivities of horses. They will assess your horse's condition, identify areas of tension or discomfort, and develop a customized massage plan that suits your horse's individual needs. 🐾



CHESTER
boots

@ info@chesterboots.pt

f chesterbootsbrand

@ chester_boots



TRAINING TIPS

MOVING WITHIN YOUR HORSE'S PACE

By Khaled Assem

IT IS ONLY POSSIBLE TO MOVE IN HARMONY WITH YOUR HORSE IF YOU KEEP A CONSISTENT BALANCE IN THE SADDLE. THIS PHYSICAL UNITY IS ESSENTIAL FOR ALLOWING AND ENCOURAGING THE HORSE'S NATURAL MOVEMENT. IF YOU DON'T FIND THIS HARMONY THEN THE COMMUNICATION

WITH THE HORSE IS COMPROMISED AND YOU WILL FEEL THE RIDE MORE BUMPY AND CONSEQUENTLY MORE ANNOYING FOR THE HORSE.



DURING WALK

In a straight line, your seat will swing forward and backward twice every stride. Let your seat move and follow the horse's motion. At the same time, encourage the horse to nod his head forward and backward in time with each hind leg. Let your arms follow this movement by opening and closing your shoulders and elbow joints. If your arms are static, you will restrict this motion. The concept of letting your horse relax and move long and low with his neck is very useful for the walk to follow.



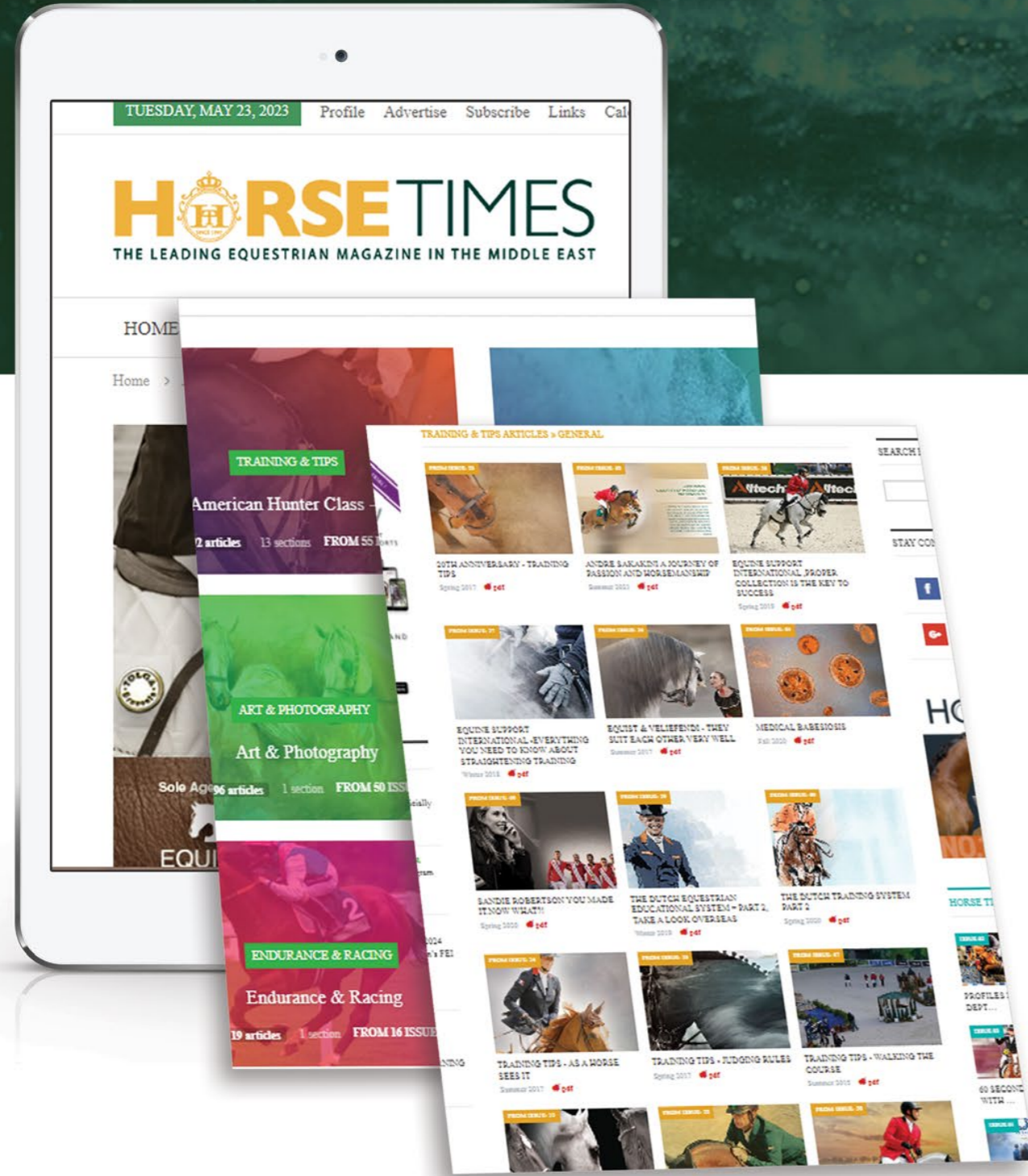
DURING TROT

During the rising trot, one needs to remember that as he sits and rises, his weight should be divided on both his ankles and not over his seat. Riders should always include the posture of the light seat as well as the deep seat in the sitting trot, as this variety creates better acceptance from the horse and accordingly more balance.



DURING CANTER

If the rider's seat accommodates the horse's motion, the canter will improve. So, as the horse's legs enter the period of suspension—the movement where all four feet are off the ground—let your seat swing upwards and forwards, then move back again as the horse's feet touch the ground. Let your seat move under your shoulders so that your whole body does not swing, just your seat. At this time, the horse's head and neck will lengthen slightly in each period of suspension, so let your hands go with this movement as well. 🐾



WE ARE NOT DONE YET!

We have a marvelous categorized library containing all what you need to know regarding training tips, dressage, Arabian horses, events and show jumping.

You can check it now on our website:

www.horsetimesegypt.com/articles.asp

HORSE TIMES
THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST



HORSE ART

A JOURNEY INTO THE ARTISTIC WORLD OF NINON

By Farah Rezeika

NINON IS AN ARTIST WHO FINDS JOY AND INSPIRATION IN CELEBRATING THE BEAUTY OF ANIMALS AND NATURE. HER SCULPTURES, PAINTINGS, AND PHOTOGRAPHS CAPTURE THE ESSENCE AND CONSCIOUSNESS OF THE NATURAL WORLD, REFLECTING HER BELIEF THAT "ALL IS ONE."





WHAT INITIALLY SPARKED YOUR PASSION FOR CAPTURING THE ESSENCE OF HORSES IN YOUR ART?

In the presence of horses, I feel an immediate heart connection; they make me instantly return to my own essence. I come back to just 'being' instead of 'being someone'. Horses are so powerful, and yet so gentle, so sensitive and graceful. When I make a sculpture, I believe I can literally charge my hands with love, and transmit this into the artwork.

HOW DID YOUR ARTISTIC STYLE EVOLVE OVER TIME? WHAT WERE SOME KEY TURNING POINTS OR INFLUENCES THAT SHAPED YOUR CURRENT EXPRESSION?

As a child, I had an innate notion of the proportions of animals or humans when modeling in clay. I think I owe it to horseback riding and being in such close contact with an animal. Later, my designs gradually became more minimalistic, capturing the essence with only the necessary lines and volumes. On one hand, backpacking around the world and seeing art from different times and cultures influenced this evolution. On the other hand, after I moved to Spain, I started to realize that making art for me is also very spiritual. More and more, I felt that 'all is one'.

WHAT WAS YOUR FIRST EXPERIENCE OF WORKING AS A PROFESSIONAL ARTIST?

My first experience as an 'official artist' was when I participated in an exhibition in Barcelona, Spain. At the time, I only had ceramic sculptures, as I had no money to cast in bronze. Soon after, a lovely, brave man in the Netherlands gave me a commission to make a fountain for his private residence. He let me be completely free about what kind of fountain I would make for him. I decided to make dolphins in bronze, and he only saw the fountain when the truck delivered it to his home. His confidence meant a lot to me.

WHAT UNIQUE CHALLENGES AND REWARDS DO YOU FACE AS A HORSE ARTIST?

Whether the subject of my art is horses or something else, the challenges are the same; for example, practically, how to build the original sculpture in a way it does not collapse, decide on different materials, how to transport it to the bronze foundry, how to then transform it perfectly into wax and then into bronze, how to patinate it and transport it to a gallery, etc—all these are challenges one has to deal with beside the creative process.

I find it very rewarding when people contact me after they buy an artwork to tell me what it means to them. I

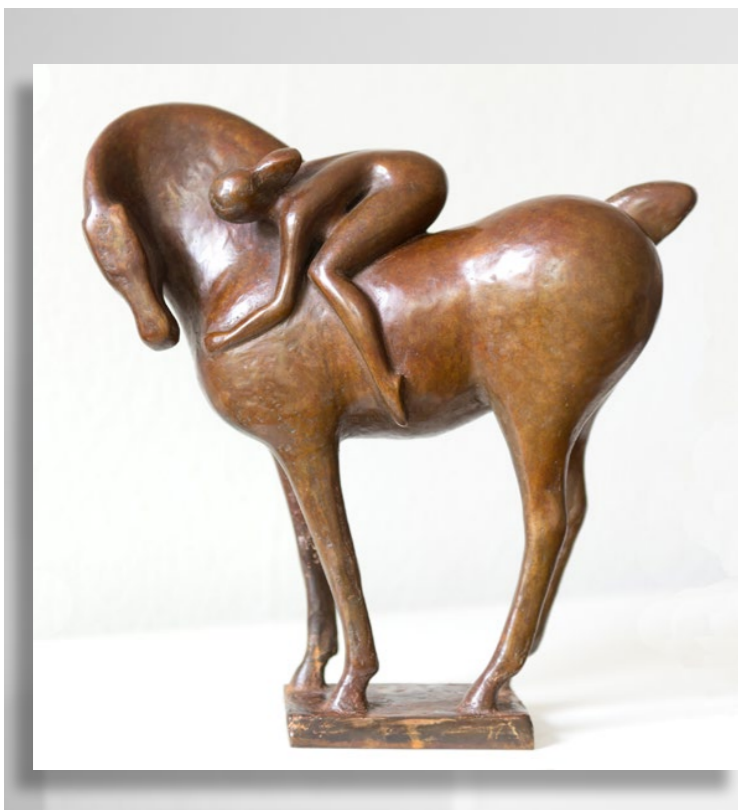
sometimes get long emails with stories of their lives, and this moves and motivates me a lot.

WHICH OTHER ARTISTS HAVE INFLUENCED YOUR APPROACH TO EQUINE ART?

I usually do not consciously get inspired by other artists but by nature, and in this case, real horses, but surely I was influenced by the art of various cultures I saw, like ancient Greek art, Roman art, Chinese ceramic horses, Etruscan art, and Inca art.

WHAT ARE SOME OF THE MOST SIGNIFICANT MOMENTS OR PROJECTS IN YOUR ARTISTIC JOURNEY?

In my experience, significant moments can often be recognized in retrospect. Sometimes we do not recognize our progress when it happens. But at a certain point we look back and think, Wow! All this came in little steps, but all in all, it was a huge step! In this way, for me, it was significant when I made, after very much investigation, the big, well-known Red Hippo for the Conservatorium Hotel in Amsterdam, followed by a Hippo brother for the Royal Senchi Resort in Ghana, and for various private residencies in different countries.



WHERE DO YOU FIND THE CONSTANT INSPIRATION TO CREATE SUCH STUNNING HORSE PORTRAITS AND SCULPTURES?

As I am such an enthusiastic horse lover I have been welcomed to stables of fantastic trainers and riders, so I had the chance to see many beautiful horses. Of course, horses are my number one inspiration. I need grounding with a horse and a good ride out to prepare my mind for inspiration. An idea for a specific art piece always pops up once I succeed in not thinking too much.

CAN YOU SHARE A PERSONAL STORY ABOUT A PARTICULAR HORSE THAT HAS HAD A PROFOUND IMPACT ON YOU OR YOUR ART?

I was living in Spain, and Spanish horses surely influenced my sculptures. They have a very noble character and a special way of moving. In the same year that I started to make horse sculptures, I took care of Jacky, a 'Menorquin', a beautiful black horse from the Spanish island of Menorca. His owner did not want to ride him, so she said he was 'mine'. In the beginning, he

just reared all the time. Luckily, I managed to make him understand we should just go on hikes together, so he started to love his life. He really was a great friend; when we would ride, I truly felt we were together as one.

IF YOU COULD LEAVE ONE LASTING MESSAGE ABOUT HORSES AND ART, WHAT WOULD IT BE?

All is one; horses can connect with humans on a level beyond the human mind; they make us connect with their hearts. We can celebrate this connection and their beauty in works of art.

WHAT'S NEXT FOR YOU IN YOUR ARTISTIC JOURNEY? ARE THERE ANY NEW CHALLENGES OR PROJECTS YOU'RE EXCITED ABOUT?

I am very excited about a book I am making. It is an art book with my English poems and photography. I hope I can publish it soon. And of course, I am excited to see what my next sculptures and paintings will be. We shall see what life brings! 🍷

CHECK OUT FULL ART WORK AT
www.ninonart.com



LE CASQUE À PROTECTIONS TEMPORALES AUGMENTÉES / ÉQUITATION D'AVANT GARDE - © freejumpsystem

freejump

Voronoi

THE HELMET WITH ENHANCED TEMPORAL PROTECTION
MADE IN FRANCE



ADVANCED RIDING EXPERIENCE
www.freejumpsystem.com

AN INTERVIEW WITH THE ACCLAIMED ARTIST JILL SOUKUP

By Farah Rezeika

JILL SOUKUP IS KNOWN FOR HER ARTISTIC TALENT AND AFFINITY FOR HORSES. JILL'S PASSION FOR HORSES LED HER TO CREATE NUMEROUS DRAWINGS AND STUDIES OF THEM, DEVELOPING A STRONG FOUNDATION IN DRAWING. IN HER PAINTINGS, JILL AIMS TO CAPTURE THE BALANCE BETWEEN OPPOSITE ELEMENTS AND EXPOSE THE UNDERLYING SIMILARITIES IN SEEMINGLY DIFFERENT SUBJECTS.



I'VE GONE THROUGH ALL YOUR DRAWINGS AND REALLY LIKED YOUR STYLE. CAN YOU TELL US MORE ABOUT THE ARTISTIC STYLE YOU USE WHEN DRAWING HORSES?

My artistic journey has matured over several decades. It's been shaped by dedicated practice, playful experimentation, and keen observation of both live and photographic representations of horses. My layering of paint, in a variety of fluidities, is a continual process of exploration, with each stroke capturing the intricate, dynamic nuances of my subjects.

YOUR DRAWINGS SEEM SO LIFELIKE, IT'S LIKE YOU CAN SEE THE PERSONALITY AND ENERGY OF EACH HORSE SHINING THROUGH. WHAT IS YOUR PROCESS FOR GETTING TO KNOW THE HORSE YOU'RE DRAWING?

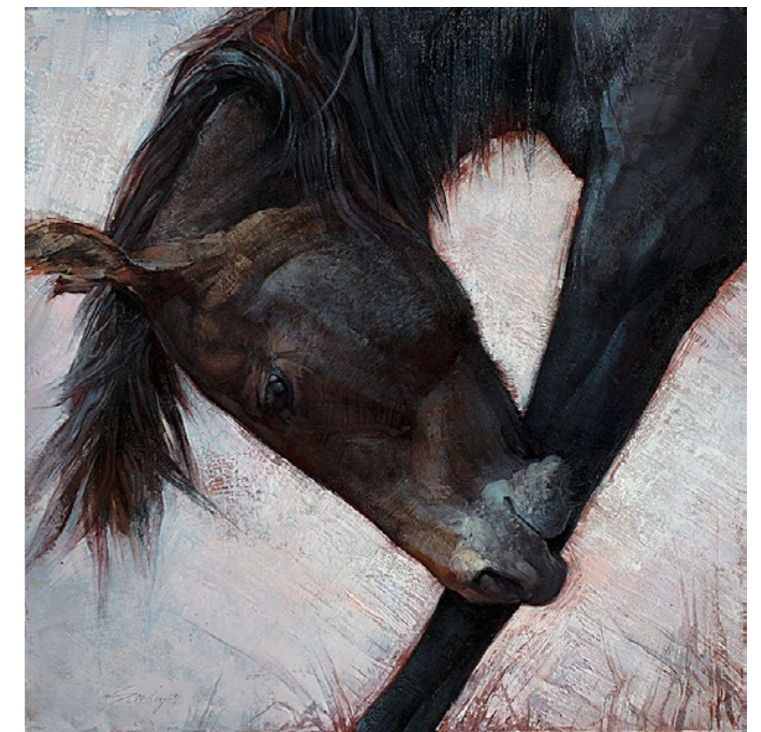
The time I invest in studying each subject ranges from fleeting moments to extensive photo shoots. I don't consciously think about articulating a horse's personality or energy; I'm simply translating what I see onto the canvas. It's an intuitive process that precedes any formal thought or intentional consideration, a byproduct of observing and spending time with them.

DO YOU HAVE A FAVORITE HORSE THAT YOU'VE DRAWN, OR A PIECE THAT YOU'RE MOST PROUD OF?

Every equine subject holds a special place in my heart; some even appear in multiple paintings. It's the occasional seminal work—often marking pivotal moments of discovery and improvement—that holds my attachment.

HOW DID YOU FIRST GET INTERESTED IN DRAWING HORSES?

Like many young girls, I was obsessed with horses. I never had the opportunity to have my own, so I found an outlet for my passion by drawing and sculpting. In this, I had my own sense of touching and communing with them.



WHERE DO YOU FIND INSPIRATION FOR YOUR EQUINE ARTWORK?

My collaboration with Ranchlands, a company managing ranches in the American West, since 2003 has provided me with a lifetime of inspiration. That said, I'm inspired by subjects across many equine disciplines, from rodeos and hunter jumpers to draft horses and Thoroughbred racehorse. I embrace the

diversity of shape, size, color, and breed, finding unique beauty and charm in each.

HOW LONG DOES IT TYPICALLY TAKE YOU TO COMPLETE A PIECE?

It varies significantly based on the artwork's size and nature. I can complete a smaller painting in anywhere between two and 10 hours. In contrast, larger

paintings may take up to 80 hours, in concentrated time spread over months, to be completed.

WHAT'S THE MOST CHALLENGING PART OF REALISTIC EQUINE ARTWORK?

Delving into—and truly integrating—a horse's anatomy and traits is the most challenging aspect by far. Even after all of the years I've spent studying



them, I am continually discovering new subtleties and structural components.

WHEN YOU FACE A BLANK CANVAS, DO YOU HAVE A CLEAR VISION OF THE FINISHED PIECE, OR DO YOU LET THE HORSE AND THE MOMENT GUIDE YOUR STROKES?

Most of my paintings are anchored in a clear vision, which is refined through preliminary studies identifying and solidifying color schemes and compositions. This approach aids significantly in producing harmonious and impactful artwork.

WHAT NON-ART HOBBIES AND INTERESTS DO YOU HAVE OUTSIDE OF HORSES?

I love spending time with my family, art in general, gardening, the outdoors, and meditation.

DO YOU HAVE ANY UPCOMING EXHIBITIONS OR SHOWS PEOPLE CAN CHECK OUT?

I have a solo exhibition at Colorado State University's Johnson Family Equine Center in October 2024. As an alumna of the university's art program, this

collaboration with an internationally recognized institution focused on equine health offers the convergence of art, science, and a shared love for horses.

DO YOU HAVE ANY UNPUBLISHED WORKS THAT ARE A DEPARTURE FROM YOUR TYPICAL STYLE?

Indeed, these pieces are some of my most dear, the jewels of my artist's oeuvre.

WHERE DO YOU SEE YOUR ARTISTRY GOING IN THE NEXT 5 YEARS? ANY NEW DIRECTIONS OR MEDIUMS TO EXPLORE?

Great question! I don't know. Ha! I anticipate both losses and new opportunities in 2024, which, in many ways, presents an open and surprisingly appealing slate. I'm mulling over my situation and feeling a sense of freedom with the unknown potentialities. 🐾

Check full art work at: www.jillsoukup.com



A WHOLE NEW LOOK FOR HORSE TIMES WEBSITE



THE MOST INFORMATIVE EQUESTRIAN

WEBSITE

EW

MOBILE FRIENDLY WITH EASIER NAVIGATION & MUCH MORE...

WWW.HORSETIMESEGYPT.COM

ART

SIHAM MOHARRAM



Equicare
Company Since 1997
Automatic Gate Systems

f EquicareCompany97

☎ +2 02 27356939 📠 +2 02 27354348 📠 +201001002780

Sales@equicarecompany.com

**More automations,
More features
Less worries**

Manage your home from your smartphone & remote control



BOND WITH YOUR HORSE



EXCELLENCE



Dry Shampoo

**EQUINE ANTI
SKIN PARASITIC
DRY SHAMPOO
REPELLENT
EXTRA POWER**



www.excellence-equine.com



+201157555666



+201156555666



**Head office : 18 AL Khalifa AL Maamoon St.- Heliopolis- Cairo – Egypt
Sales office: A1 Tayaran St.- Villa ST- Nasr City- Cairo – Egypt**

