

## **Mary D. Midkiff, Equestrian Resources, Louisville, KY**



As the creator and founder of the Women & Horses™ fitness and performance program, Mary is known as a pioneer in the horse industry. Since 1992 she has traveled nationally and internationally conducting clinics and speaking engagements. Midkiff's award winning and best selling book, *She Flies Without Wings: How Horses Touch a Woman's Soul*, published by Random House, was released in April of 2001 and continues to be popular in America and has been translated into 5 languages worldwide. John Wiley now publishes Midkiff's first book entitled *Fitness, Performance and The Female Equestrian* released in October of 1996. It has become the definitive resource for girls and women who ride and take care of horses.

In 2005 Midkiff created Women & Horses™ Essential Oil blends for aromatherapy for horse and rider. She was featured in commercials and educational horse programming on RFD-TV throughout 2005 and into 2006, and in a 2005 public television documentary called "Riding In Stride."

Midkiff is an active rider, trainer and instructor and resides in Louisville, KY.

Mary's programs at the MHC Horse Expo will take place Friday, March 7, Seminar Room A, 11:15-12:15 (*The Female Anatomy, Bio-mechanics, Gender Differences and Structure as Apply to Riding*), Round Pen/Auditorium, 4:00-5:00 p.m. (*Calming the Anxious Horse*); Saturday, March 8, Round Pen/Auditorium, 11:30-12:30 (*Mounted Balance Work*), and Seminar Room A, 5:15-6:15 p.m. (*Saddle Fit Considerations for the Female Rider*); and Sunday, March 9, Round Pen/Auditorium, 11:15-12:15 (*Ground and Mounted Warm Up Exercises*), and Seminar Room A, 1:30-2:30 p.m. (*Stretching and Strengthening Exercise Demonstrations and Interactive Work*).

Further information about Mary Midkiff is available on her website: [www.womenandhorses.com](http://www.womenandhorses.com).