

# Judith Chestnut

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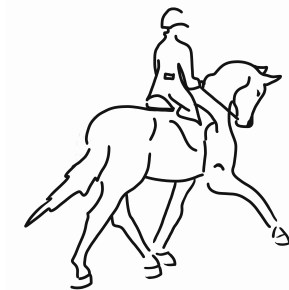
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## Newsletter

Dancing with horses in nature



### Issue No. 2

Issue No. 2



#### Editorial

This month I have been thinking of what it really means to dance with horses in nature. Most definitely there are different ways of dancing with horses and I could offer an overview of some of these ways. However, that would be steering away from what I am really interested in and what I invest in with regard to my own research. How I dance with horses is based on the art of classical riding and this newsletter for August 2022, briefly looks at the ancient text, *On the Art of Horsemanship*, by the philosopher, Xenophon.

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*Dance is the architecture of movement.*

Dr Alkis Raftis  
President of the  
International Dance Council  
CID

## Historical overview

Xenophon's *On the Art of Horsemanship* is the oldest known text on horseback riding still in existence, and the first work known to emphasize training techniques that account for the state of the horse's psyche as well as his body. The work is divided into eleven chapters, and deals with the purchase, care and training of horses. It also deals, to some extent, with the construction of stables and the equipment needed for several aspects of horsemanship.

Xenophon stated that; 'whether bareback or on a saddle-cloth, a good seat is not that of a man seated on a chair...'. From Xenophon's philosophical approach, various modalities now play prominent roles in how horses are trained for their well being, while fields of study such as rider biomechanics clarify Xenophon's notions on how best to sit on a horse for the well being of both horse and rider.

In newsletters to follow, I will be discussing my own interpretations of historical and contemporary texts and describing how these interpretations influence how I dance with my own horse in nature.



## New books by CID Members

Llauder, Laura: *Alma a tierra. La danza cura*. Spain, 2020.

Llauder, Laura: *Eudanza. La danza del Yo*. Espana, 2021, 213 p.

Lazou, Anna & Alkis Raftis & Malgorzata Borowaska (ed.): *Orchesis. Texts on Ancient Greek dance*. Athens, 2004, 258 p.

Raftis, Alkis: *Dance in classical Greece. A handbook*. Athens, Dora Stratou Dance Theater, 11 p.

*Send your books to be included. You can find the list of 700 books authored by CID Members at [www.Raftis.org](http://www.Raftis.org) (<http://www.raftis.org/>)*

Happy dancing!  
Judith Chestnut

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*2023 will be an entire year of celebrations to mark the anniversary of CID, founded in 1973 within the UNESCO headquarters in Paris.*



Find events or send announcement of your event to be posted at [www.Panorama.CID-world.org](http://www.Panorama.CID-world.org) (<http://www.panorama.cid-world.org/>)