

Different from most riders who love horses and animals really much, honestly, I was a little bit afraid of horses and riding before I took lessons from Shayan. I used to learn riding in China for 3 years and in UC Davis riding teams for several quarters, but I still couldn't canter at that time. When I almost decided to give up riding due to my fear of horses and untalented performance, fortunately, I knew Shayan and started my lessons from him. Different from the other coaches I met before, Shayan knows his students well and really cares about his students' improvements. After the initial assessment lesson, he realized my fear about horses and riding, so he led me ride a very soft horse to build the trust between me and horse. After several lessons with Shayan, I started to overcome my fears and got the improvements quickly, because Shayan knows how to use the different ways to help different kinds of students. His patience, responsibility, and professional teaching skills help me to learn a lot and be more confident on riding. Right now, I can trot and canter without the stirrups, and ride on the ground. Therefore, I think Shayan not only is an excellent coach who can teach the safest riding, but also a person who can help you to overcome your riding difficulties and become a better you.

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Yanlin Dong

和大多数学习马术的人不同，我本身就是一个有点害怕动物和马的人。我曾经在中国学习骑马有三年的时间，到了美国加州大学戴维斯分校之后又在这里的马术队学习了几个学期。可是尽管我学习了这么多年的马术，我还是很难达到自如地跑步。当我十分沮丧觉得自己没有骑马天赋并打算放弃的时候，我认识了 Shayan。在和 Shayan 学习骑马的过程中，他很快就意识到了我对与马的恐惧，并开始帮助我克服我的种种恐惧。为了教会我信任马并消除内心的紧张情绪，Shayan 安排我骑他那里最温柔听话的马，从而让我懂得骑马并没有那么危险。渐渐地我开始看到自己的进步也克服了起初巨大的心理障碍。在和 Shayan 短短几个月的学习后，现在，我可以自如地不用脚蹬地快步和跑步，并且可以去户外骑马。Shayan 的耐心、敬业、专业的教授技巧和因地制宜地教学模式让我在短时间内得到了最大的进步。最后，我觉得 Shayan 不仅仅可以教会他的学生如何安全地学习马术，更重要的是他可以帮助他的学生走出在骑马过程中所遇到的种种困境，从而使学生们看到更优秀的自己。

董妍麟

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