

Dear ,

As a business owner, I'm always paying attention to the little things—those moments I can file away thinking, *yep, that's one for this month's newsletter.*

This was definitely one of them.

A visitor with fresh eyes

Last week, a friend visited me here in Italy. We met back when I was living in the United States. The last time she was in Italy was when her daughter was 6 months old. That daughter is now 19...

She is not an animal person at all, does not care much for horses, nor I think in general for 'farm life'. Don't get me wrong, she likes being in nature. But only for hiking and growing vegetables.

Not exactly a postcard setting

We were sitting in my 'courtyard', surrounded by a tractor, tractor implements, a trailer and other stuff, but mind you, a magnificent view of the Piemontese hills and the Alps further away. And she said:
"This truly is a place where one could recover from a burnout."

When she left, I started thinking about that. How she completely got why this is my 'happy place'. Being autistic, I need this kind of environment to reset and recharge.

What it made me realise about my photography

When she left, I kept on thinking about what she said. And, in the way the autistic mind tends to work, I started thinking about how the same reasons this place works for me—the space, the quiet, the effortless mindfulness—are also the reasons I work the way I do.

When I photograph people with their horses, I'm not interested in perfect poses or carefully planned scenes. I'm not directing every move. I'm paying attention to how they interact when they are given the space to just be. That's what I'm interested in. Because that's when I take the photos.

So here's your 'Just a little reminder' ☺

I have a couple of session spots open for early summer. If you've been putting it off, now is a very good time. The light is beautiful, the green is still fresh, and the pesky flies are not too numerous yet.

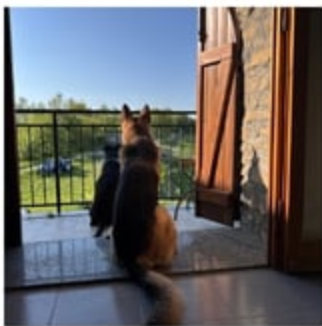
Not sure yet? [Just send me a message with your questions.](#)

What **caught my eye** on social media this month.

I've seen this quote before, and the more time I spend here with my horses, the more I feel I understand it a bit better. I've been thinking a lot about how much energy we spend trying to manage what's around us—when most of the work is actually internal. It applies to horses, but honestly, to a lot more than that.



My month in 3 images



As always, thank you for being a part of my journey.

Hold onto those small, everyday moments with your horse—they're the ones that matter most.

Caroline



Caroline Nijs Photography

Bahnweg 3, 8862 Schübelbach, Switzerland

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)
