



Tellington *TTouch* Training®

TTouch for You and Your Horse
June Pedersen
Crystal Lake, IL
June 2-4, 2017

Clinic description:

This is an opportunity to ride with Linda Tellington-Jones and learn her unique blend of training, groundwork and bodywork. Besides the techniques she uses in and out of the saddle to help horses and riders work together in harmony, Linda will teach riders how to develop a balanced seat using exercises from the US Cavalry. Riders will work individually and in groups, using the same quadrille formations and small obstacle courses Linda first taught at her Pacific Coast Equestrian Research Farm and School of Horsemanship in the sixties. The school's program and its successes are detailed in the book *Strike a Long Trot*.

This is a great workshop for riders of all disciplines. The creator of the Tellington TTouch method, Linda has ridden, taught, competed or held clinics in endurance, dressage, eventing, jumping, and western riding. She is the author of *Dressage with Mind, Body & Soul*, *The Ultimate Horse Behavior and Training Book* and several other books available at www.ttouch.com.

While only eight participants with their own horses ride, all participants in the training get to practice TTouch and the groundwork on the horses -so if you are interested in participating, sign up early.

Why Should You Attend?

- To enhance, repair or deepen your relationship with your horse.
- To improve your horse's rideability and performance without stress using holistic and humane groundwork, bodywork and ridden work from the Tellington Method and Tellington TTouch Training.
- To create a long-term training program that will help you develop a horse that is confident, willing, mentally and physically healthy, and capable of meeting your training goals regardless of discipline.
- To learn how to transform your horse with the Tellington twin philosophies of Change Your Mind & You Can Change Your Horse and Change the Posture and Change the Behavior.

Who Should Attend?

Professionals and amateurs of every level and from all disciplines can benefit from learning this training philosophy and methodology devoted to working with horses with empathy down to the cellular level rather than force. Linda's approach focuses on working with horses' minds and intelligence as much as with their body. The same can be said of her work with riders.

The second T in T-Touch stands for Trust and building trust is what we aim for foremost as it is the foundation on which everything else rests. With trust, horses learn how to achieve enhanced levels of physical, mental and emotional balance.

In the 1980s, Equus dubbed Tellington TTouch Training "The Touches That Teaches". Participants will learn how to see and embrace their horse as an individual and through observation, patience and TTouch, find the best ways to teach and assist in its training.

What Will You Learn?

On day one, participating horses and riders will be assessed under saddle to determine which of the TTouch "Playground for Higher Learning" exercises and riding equipment can be helpful.

Over the course of the next two days Linda will teach specific touches and techniques appropriate to each horse's situation. Linda will work with the riders in the saddle using group exercises and Tellington TTouch tack to work on independent rider balance and solve individual equitation challenges.

The training participants will be broken into small groups and will practice with the horses under Linda's close supervision and with the help of her long-time team of instructors.

Participants will learn how to identify, soothe and resolve discomfort in horses bodies using TTouch, how to help horses develop better patience, balance and suppleness as well as increase their confidence and self reliance using the Tellington special ground exercises called the Playground for Higher Learning. They will find out why, when and how to enhance their horse's performance under saddle with the Promise Wrap, Liberty Ring, Balance Rein and Lindell and why, when and how to ride bridleless and more.

Participants will also experience TTouch and the Promise Wraps for themselves and Linda will share the importance of heart coherence and breath work in achieving internal balance and as a result, a closer partnership with horses in and out of the saddle.

What Will You Take Away?

Susan Gibson, publisher of Trail Blazer Magazine, reported that she left Linda's training with the "ability to see her horse with new eyes."

Cristiane Pravaz from Quebec wrote after attending a Tellington Training in Hawaii: "I tried the Balance Rein with Comrade today for the first time, and I received my first half walk and a lighter trot than ever before, and when we were finished with the session, Comrade moved his head near mine and with his lips, he touched my nose and just turned like you would do to somebody to let her know that you like her and the way she rode this afternoon!!!"

Our hope and the purpose of this training is that participants will take home a different awareness of themselves and many, many new ways to assist their horses.

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Caroline Larrouilh
Principal, ProudHorse Connections