

A series of three articles about
Klaus Ferdinand Hempfling and his work
-by Anna Nordin ©

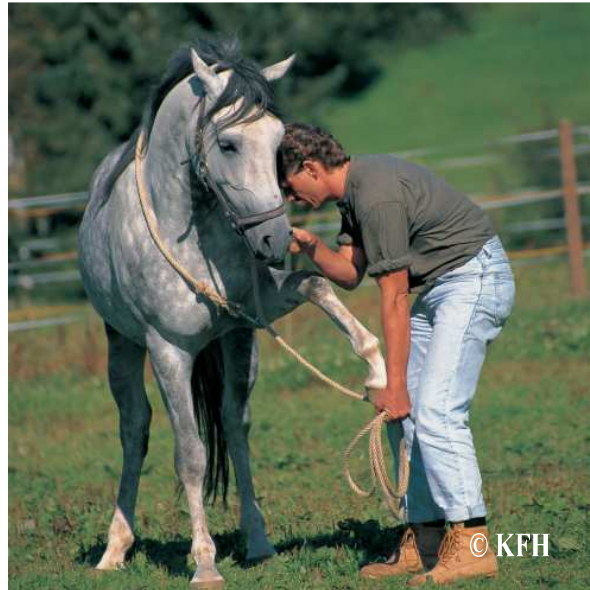


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All three articles were published the first time in July 2006 by the Swedish magazine "Hippson"

Klaus Ferdinand Hempfling: Get to know yourself and become a better horseman

- by Anna Nordin ©
First time published in
July 2006 by the Swedish
magazine "Hippson"



In the first weekend of July Klaus Ferdinand Hempfling visited Johannesbergs Gård north of Stockholm in Sweden. In his book „Dancing with Horses“ he describes the way to dominance without punishment, and collected riding at loose reins. During this 3-days course he showed and explained how to reach the starting point to be able to follow „his“ way.

Seven participants were there together with their horse to learn how to adapt themselves, their approach and the training to the horse. During the second day the course was also open for spectators and around 120 people eager to learn showed up to take part in Klaus' pedagogy. The basis of his work is the consideration of the horses' psyche and communication by a direct and clear body language. This you will according to him only achieve through honest self-knowledge along with mental and physical self-control.

- It makes no sense to start working with the horse before you know yourself, he says.

Without compromise Klaus works with the assumption that the first foundation stone lies by you.

- Is it fair to demand concentration from the horse when you are by yourself not concentrated? Is it fair to expect joy in the work when you by yourself work by routine?

Unknown horses

The horses that were shown during the open course day were all new to Klaus. He never met them before and knew nothing about them. He wants it like this so he can encounter them without expectations and prejudgments. But it also meant that we only saw the beginning exercises in the picadero and no real training or riding. This time the main issue was to show how you may begin and what you must achieve before the real work can start. The training takes place in a picadero, a squared fence with sides of 10-11 meters. Picadero is Spanish and means riding arena. The work has nothing to do with the „ordinary“ longing work. Klaus considers all types of „helping“ remedies, as for example tie downs and the like, to be instruments of torment and completely wrong. Whether one use a lead-rope or a longing rope it always must hang in a soft bow, so that the horse is always „free“. It is decisive that one gives proposals, not commands, and the horse then carries them through freely and independently.

Nervous mare

The first horse in the picadero is a nervous mare who does not like to be alone. In a very short time Klaus makes her relax completely. It seems like pure magic or some kind of „horse-whispering“ when you see it. But Klaus really does not want to be connected with horse-whisperers. He emphasizes clearly and several times that his work is the complete opposite. The horse needed a leader in its stressed situation and found that in Klaus because of his calm and relaxed attitude, no matter what happened. He kept distance to the horse because it should choose by itself whether it wanted to be led. You can't force somebody – you give the horse the chance to be led, to follow. When you have the horses' confidence it does not matter what you do, it trusts you. The important thing is that you all the time keep the same relaxed attitude, because that is signaling to the horse how to perceive a situation.



The nervous horse at the course.

- In my work I never deal with the problem and the symptom as such, like that the horse does not like to be alone, that it runs down the owner in excitement to get out in the pasture or the like. What matters is to immediately establish such a strong and reliable relation between horse and human that you are protected against all eventualities.

More difficult in new places

The owner of the horse that does not like to be alone explains that one of the things she finds difficult by this horse is exactly that it gets so nervous in new situations.

- Everything works so fine when we are at home, but nothing works when we are out, she says.

Klaus answers:

- On a calm ocean everyone can sail the ship. In a storm only very few people manage. If the horse trusts you it also will stay calm even in critical situations. You can never practise all situations you might meet with. On the other hand you can build up such a relationship that it does not matter what kind of situations you meet with.

He believes that without leadership you can practise „dangerous situations“ a thousand times without result.

- It is the leadership that has to work, not the customising to every new case! With customising you only take away the horses' sensitivity, and we want to keep that.

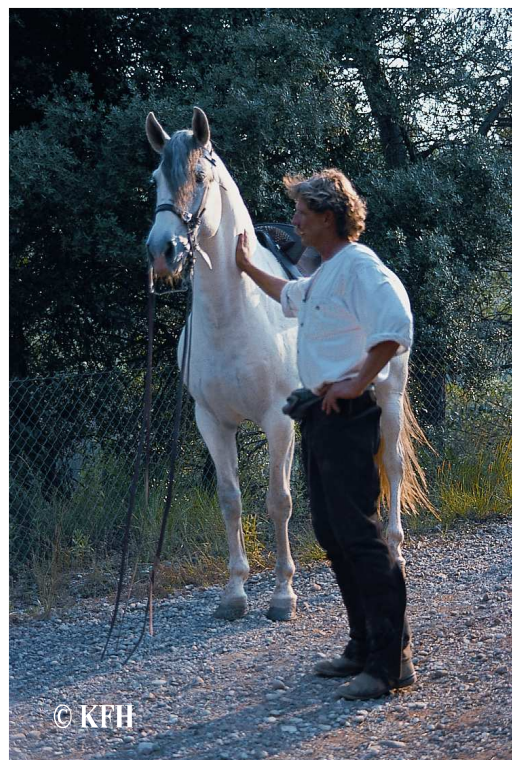
Without sensitivity we will not get a good riding horse.

Relaxed body posture

During the whole day Klaus' calm and relaxed body posture never changes.

That is also what makes him a trustworthy leader in whom the horses very quickly find confidence.

Klaus explains that there are no methods; there are just you and the horse. It is an interaction that decides what works. As the nervous mare found a leader she no longer had any reason for being nervous. She stood close to Klaus



with lowered head and looked completely calm.

In between he snaps his fingers or cracks a whip. You would think that the sound from the whip should make the horse even more nervous, but that is not happening.

- If you are calm and relaxed in your posture it does not matter what you do, the horse stays calm. So it is no trick or hocus-pocus, the key is to remain the calmness and the belief in yourself. Klaus gives the horses food treats every now and then, but points out that one should be a bit careful with it so that the horse does not start to demand it. But if you are a clear leader it will never become a problem he continues – the leader has to look for the best places to eat.

Afraid of the horse

Another horse owner explains that she is afraid. Klaus makes her practise her self-confidence by walking around blind by her horse in the picadero. Being blind means that you must rely on other senses and you get more into the „here and now“. You can see clearly how her posture changes and becomes more relaxed and secure when Klaus says that she can walk safely, he promises to say if something is in her way. The horse, that before was obtrusive and rejecting toward the owner, start to look by itself for contact with her. When the owner signalised relaxed self-confidence it chose to be with her. The happiness of the owner in that moment left no spectator unaffected.

- Don't ever get nervous, Klaus says. You know that you are the



leader, don't take over the nervousness of the horse. In the work you are the „home“, you must feel at home, then the horse will feel at home. Stay secure, calm, and don't act until you feel that „now I will manage this“.

Small steps at a time

Klaus is careful not to take too big steps at a time and to listen to his own feeling of when it is enough. He senses that both the horse and the owner need a moment to melt the new experience together and during this time we spectators may participate in an exercise of confidence.

We are paired in couples two and two. The one who stands in front of the other must close his eyes and the person behind holds his hands on the head of the person in front. In this way we let us lead around in the arena. We must be blind and silent so we can really try to sense what the person behind wants. The important thing is to feel confident that the way the person chooses will be safe, in spite of the crowd in the arena. There was a loud and eager talking after the exercise. It gave a lot to think about and said quite a lot about how you are as person. That also says quite a lot about how you are with your horse and how it therefore reacts in similar cases? The exercise also reminds a bit about how the horse must rely on and listen to our aids during a ride.

Works with a long rope

Klaus works a lot with his long rope. He has it in a loop around the horse's neck, but it always hangs loose. He talks about how important it is for the leadership to lead a horse in the right way. Something you often don't think about at all, because you are just moving your horse from one place to another.



It is important to have a long rope, so the horse can choose if it will come or stand, and how long the distance should be. The horse gives you the right to lead him, but if you don't get it to stop or slow down, who is then leading who? It is also wise to lead the horse in walk. If you trot the scenery will quickly change into „Aha, I am chasing him!“

Don't search for the minus

Klaus think that far too many look at their horse as a „minus horse“. You don't search for what is there, but only for what is missing. In that way the horse will never have a chance and you will never get happy with it.

If you have a preconceived opinion about your horse you will never see its real advantages.

Klaus compares it with looking at a tree – if you want to see an apple tree then you will see an apple tree, even though you are in reality looking at a plum tree. And then you might not find the very fine plums.

That is also the reason why Klaus does not want to know anything about the horses he is going to meet, to avoid unconsciously to create a preconceived picture of them. A horse is for example described by the owner as sleepy.

- Don't think about him as a sleeping pill, Klaus contradicts, he is the way he is! Be proud of the horse's „real I“, then he can also get proud by himself. It is important to look at the horse's soul and not at your own wishes. Am I doing this for my ego or for the sake of the horse? You are the way you are, the horse is the way he is and for some reason you choose him. By letting him be himself you can benefit from his advantages. Not all horses are suitable for competition for example. You should not demand that they become something they are not.

Unequal character types

In his new book „What Horses Reveal“ Klaus has divided all horses in 26 character groups, according to among other things their exterior, temperament and psyche. The classification he is, among other things, using in his composition of the training to make it fit the horse optimally. He is aware that there is a risk by sharing this classification, since it can seem to contradict with his own lecture of



The „sleepy“ horse at the course choose both to stay with Klaus...



...and to follow him.

always meeting every horse with open, neutral eyes. But he believes that if you meet the horse without a preconceived opinion about it you can, with a lot of practise, begin to see which character traits the horse has in it and then you can give it a life and a training fitting to this. It is also important to understand that there are an infinite number of variations and possibilities in the question of horse character, since many horses have more than one character in them and in parts of different extent.



Klaus Ferdinand Hempfling together with the horse Yunque. This is how he looked after three years in Klaus' training...

Varied training

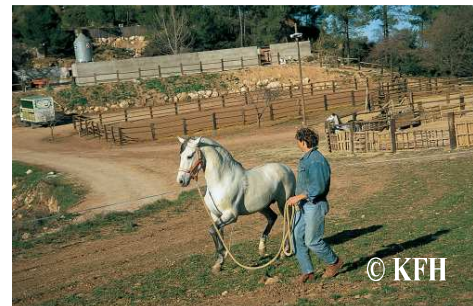
In his training Klaus alternates between the work in the picadero, both with saddle and free „by the hand“, and the work outside in the forest and in the field. With his exercises he quickly achieves the movements and collection of the High School of Riding. In the book „What Horses Reveal“ you will find a fine example. There are pictures of a stallion named Yunque. He develops from unhandled and not muscular into a „power package“ who manages the exercises of the High School of Riding in just three years! (The photos on this page show Yunque's development)

No part of the training is forced, and everything is based on the horse's inner and outer state. The collection is for instance trained from the ground until the horse is strong enough to manage with a rider on its back.

No tie downs are used, Klaus philosophy is that he can show the horse what he wants with his position and body language and the more the horse's strength develops the more collection it can present.



...As the horse came to him it was basically unhandled, not muscular and heavily on the front part.



The leitmotif

Finally Klaus summarized what has actually been the leitmotif during the whole day. Make use of a simple and clear communication, then the horse will understand and become happy. When the horse is yawning it shows that it is relaxed and feeling better. You must believe in what you do, you may not hesitate without acting assured. Be hundred percent there, relaxed and clear. Control your own and the horse's reaction all the time – then you are conscious.

- Five years ago I acted different, was it a mistake? No, I could not act different at that time, because I did not have more experience. Every day it becomes better and simpler if you are always conscious about what you do, he says.

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Klaus Ferdinand Hempfling: Show me your horse and I will tell you who you are

- by Anna Nordin ©
*First time published in
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Klaus Ferdinand Hempfling was born in Germany and is now living in Denmark. With his bestseller "Dancing with Horses" he challenged the establishment of the horse world. In his new book "What Horses Reveal" he once again goes his own ways. "What Horses Reveal" is the basis of the course in Johannisberg which Hippson has written about.

In the book Klaus presents his system of 26 horse character types, which he developed to help riders and horse owners seeing the abilities and limits of a horse. He describes what is typical for the different character types and which type of humans and horses suit each other. Klaus is the opinion that if you can judge the horse's personality, then you can also adjust its life and training to suit it, so the result will be as good as possible.

The character system contains various elements, as for instance exterior, character, movements, rhythm, expression, signs of health or eventually unhealthiness, behavior in normal situations and in stressed situations, behavior towards human beings and behavior towards other horses.

Birds of a feather flock together

Klaus says that during his thousands of meetings with horses and their humans he has seen that birds of a feather flock together. And the similarity is not just on the outside, it is above all depending on inner qualities and characteristics. In the search of companions and soul mates we are basically searching for ourselves! Klaus deals with many aspects of the horses' life, which he thinks are neglected. He focuses on questions of which more and more people would like to know the answers:

How can I really *see* my horse? How can I help my horse getting further? How can we become friends for life? You can more or less never change an animal. But people can change through self insight. Therefore it is important that you can *see* the horse, so you don't force it into something it does not have in its genes from the birth. Klaus philosophy is that if you understand your horse, then you as well as your horse will have a better life.



Looked at my horse

During my interview with Klaus he offered to have a look at some photos of my horse to help me finding out more about his personality and how I ought to handle and train him. I found this offer interesting. I have had him for about five years and we have a very strong and sensitive contact, as I experience it. He has not had an easy life before he came to me, many changes of owners and most of them have been more or less afraid of him. But in reality he was

misunderstood, which was the reason why he did not want to have anyone on his back. Today we ride medium-high level dressage and we are part of the national team of disabled. He calls immediately when he sees me and is always happy and positive. He is a real pet who loves to be stroke for hours as he stands with his head squeezed under my arm.

Sent eight photos

Klaus knew nothing else than what he could see on the photos on these pages.

I sent eight photos to Klaus and afterwards we had a long conversation on the phone. First Klaus wanted to tell me what he meant to “read” on the photos, and then he would like to hear how I experience it and finally answer eventual questions. I was full of expectation but also sceptic, because I was afraid of experiencing the whole thing as ”Horse-whispering”. My comments are typed with italics.

1. Focus and concentration

To begin with Klaus says that the first thing he should do with this horse should be to show him how he can become more focused on what he has to do.

- The eyes are a bit blurred, like if he is looking through a curtain. You must respect what is inside him and listen to the signals he gives. It seems like he is a strong horse but also very sensitive. Therefore you must approach him in a very clear, but at the same time soft and calm way in order to succeed. If you don't succeed to get him on the right track and focus before you continue the work, it will be like building everything on a pile of sand.

Anna's comment: I have often experienced that it is difficult to make him concentrate on what we are doing. But I never blamed him for it because I know that it is the side of myself I think is weakest and most important to improve. I always wanted to do more than one thing at a time, or I get restless. Moreover I have always wanted to be more “here and now” in what I do. Birds of a feather flock together!



2. Strong will and sensitive

- He has strong nostrils and mouth, and a small bulb there where the halter lies on the nose line. This indicates that he has a strong will and is sensitive at the same time. He can be obstinate and you can sometimes experience that he becomes unmotivated afraid of things, even though he is in reality not a scared horse. When he wants it he really has a lot of "power". His short head indicates that he is tough, but in a good way.

Anna's comment: When I tried him the first time he was standing for half an hour in a corner of the indoor arena trying to kick me off. As he felt that it did not work and that I stayed calm, he accepted me and everything worked. He is afraid of neither trucks, busses nor trains. I can take him with me in every situation and he has even been pulling me when I was sitting in my wheelchair. On the other hand he can get senseless afraid in certain situations; to see someone swimming for instance makes him panic - his heart beats so strong that it seems to be just under his skin and he becomes unreachable.

3. High ranking

- He is high ranking and will always be number one or two in the herd. If he will become more himself he will be more calm towards other horses, a softer but at the same time stronger leader. He will become more conscious about himself and the power he possess. Then he will become an uncontested leader in the heard under all circumstances.

Anna's comment: He always controlled the herd. Nothing else exists for him. Then he would rather fight to his death. But a real strong leader does not have to fight for his position.

4. Advice about exercises

Klaus proposes that I do an exercise with the rope in the picadero, to get him more focused. The work should not last more than three to seven minutes and I should repeat it for three to five days. Another thing I have to consider is that it is an ambitious horse so I must be careful not to press him too hard. If this happens, the risk is that he "burns out" and then he cannot be ridden for about a year. The best thing is if I realize before he gives me the signals. And then I must show him that I understand that he wants to, but that he can't. If he

feels respected he does not have to worry about needing to cross over his own limits in order to satisfy me.

Anna's comment: He is always very ambitious and becomes very frustrated if he does not understand what you want, or if he thinks he can't do it. It is very important for him to be praised and he can do everything for you if he gets praised. He almost always walks to the indoor arena with his ears pricked up and he really likes to work.



But at some days I notice even before we get into the arena that he does not want it. He is then completely stubborn and wants to neither work nor go forward. Then the best thing is to give him a breathing pause and just pet him instead. Then he is soon back again in his usual happy mood.

5. Sudden fears

The third thing I must work on is sudden fears. Even with this I should work in the picadero. Klaus reminds me to the work he did with the scared gelding during the course. The important thing is that my horse feels that I am always calm. Someone else should help me bringing something that scares my horse and I must be the confident point on which he can lean. It is not about making him used to the thing that scares him, but to show him that I am a relaxed and confident leader in all situations.

The important thing is improve before you end. The horse must feel that he managed something and can be proud of himself. This is important for him and can give him more self-confidence and make him a better leader. I should work with these three points during fourteen days and then I will, according to Klaus, see a clear result.

6. Delicate eyes

He also says that my horse has delicate eyes and that they probably excrete quite a bit, and that he sweats quite a bit around the eyes, which makes him extra irritated from flies. Therefore it is important that I keep them clean. The same thing counts for the nostrils, which

he also thinks often excrete a bit. He advices me to clean them with warm (not hot!) camomile tea, in the beginning three times a day, then one time a day and later once a week. I can even clean around the mouth with this.

Anna's comment: I have to clean eyes and nostrils every day. And my horse really appreciates when I do it.

7. Strong back, but yet sensitive

The back is strong, but yet to some extends also sensitive. Klaus thinks that the sensitivity is in reality not located in the back, but is coming from the neck. He is basing this on the way my horse holds his head on the photos. He says that the back basically is strong and that it is no problem to ride the horse. I laugh a bit, but he explains that many horses are in fact not built to be ridden. It often happens that he must say to people that there horses cannot be ridden and many of them then start to cry and feel hopeless. But here this is not the case; my horse is a very good riding horse.

Anna's comment: I have been talking to all his former owners and it turned out that he has thrown off quite a lot previously. Once he was sent in training but there he was judged as impossible to ride...it was not possible to sit on him and the owner was advised to have his back x-rayed. That was done and there was nothing to find. On the contrary it was a very strong back.



8. Soften the neck

Klaus thinks I should let a good and recognized chiropractor have a look at my horse. Since he is a strong horse the stiffness in his neck can be a result of his protest when he was held back by pulling the reins as he was a young horse. Or it can be an injury after an accident, but it looks like it must have taken place long ago. Klaus proposes that I don't say anything to the chiropractor about my suspicion about the neck, and see what he say when he can work without any preconceived opinion.

I can also work with the neck by myself by massaging him, both around the neck and over the jaw, there where the head is set on the neck. If he becomes more soft and relaxed here he will also move easier. I can also put both hands under his belly and press lightly upwards. Then he will lift his back and that will make him relax in it. I should do this a couple of times each day.

During the riding I should assure that he lowers his head and carries his back. I can ride with long reins even in trot and lean forwards; my arms should almost hug his neck.

Anna's comment: It has always been difficult to make him carry his back and use his hind quarters. When I bought him he was basically trotting backwards, he did not dare to move forward. The reason was apparently that people had been afraid because he was strong and big, and therefore held him back in his mouth. The high form is natural for him, so we work on making him move in a low, round form to get more action in his movements. To pick him up later to the competition form comes as mentioned natural for him. Today he can actually trot and we feel that there is much more to get since he is learning to work from behind.

9. The hind hoofs – a weak point

The hoofs on the hind legs can be another weak point, Klaus says. I can help him by showering the hind legs up to the hocks with cold but not icy water. That will stimulate his inner circulation and the hoofs will become better. In the beginning I should shower them three times a day and later on once a week, seven to eight minutes each time.

Anna's comment: He does not have any distinct problems with his hind hoofs, but they do easier become frayed than the front hoofs, and there are often small splinters loosening where the nails are placed.



Klaus' judgement: Mixture of The Sergeant and The Minister

I end the conversation with asking Klaus which of the 26 characters he would place my horse in, and I get the answer that he is a mixture of The Sergeant and The Minister. Immediately after hanging up the phone I eagerly go to look in the book how it fits.

Around The Sergeant all must be structured and tidy. Eventual changes must be announced beforehand. You must be absolutely fair in the cooperation. With The Sergeant you must find absolutely clear rules and agreements. With fairness, variation, a lot of movement, very much praise and tasks that make sense, The Sergeant will do everything to satisfy you.

While The Sergeant is exceptionally fast-thinking The Minister is the most intelligent of all the 26 Horse Characters. But above all The Minister is wise, which often does harm to him, since most people misjudge and underestimate these horses.

To simply use a Minister is by the horse experienced as deeply insulting and it will finally employ all its intelligence and capability to revenge. And then the humans almost always loose.

The training of The Minister must base on a dialogue, conversation and discussion. To feel good this horse always wants to learn more. If you are stuck in the training, you should always listen to the horse

and not just continue, in routine. You better make a creative break of some days with some playing and other foolery, instead of trying to use power language to go against the horse's nature. The palette of exercises for The Minister should cover a broad range, in the arena as well as in the terrain.

New inputs

I feel that both the course and the analysis of my horse, based on the photos, have been very giving. I received many new inputs and I am more conscious about what I do and how I am when I am with my horse. I suppose it did not really teach me something new about my horse but on the contrary I had a lot of my perceptions confirmed and moreover I have got some proposals of how to get further. Previously I thought it would be difficult to combine Klaus philosophy with traditional riding. But with more insight I now realize that it is exactly how Klaus says, everyone can take those pieces they feel fit to them. I don't have to convert completely to get something out of his conclusions, I can pick out pieces and combine them with the usual training.

Training from the beginning

If I was about to buy a young horse it would be interesting to start already from the beginning with this way of training. I think it would be very giving both for the training and for the relationship with the horse. The horse is my companion and not my tool, and therefore it is important to make sure that we understand each other. It will make life richer for both of us. Dextrarius is planning a new course with Klaus in October, a continuing course based on the basic workshop which has just been held. I am looking forward to this with much expectation and hope that I will have the possibility to participate again.



Klaus Ferdinand Hempfling:

”Many horseback riders of today are a bit afraid of horses”



Klaus Ferdinand Hempfling
and his own horse Janosch

- by Anna Nordin ©
*First time published in
July 2006 by the Swedish
magazine “Hippson”*

Klaus Ferdinand Hempfling found his way in Spain, by the wild horses in the Pyrenees. Already two years after his first ride he wrote the book ”Dancing with Horses”. For him the communication with the horses was something natural, which was already inside of him. Now he travels around the world and teaches his way of being with and training horses. He also gives courses in his home country, in Denmark, where he now lives.

The organizer of the course in Johannesburg was Dextrarius. They also earlier engaged Klaus, and are planning to get him to Sweden a couple of times each year. In the future also for continuing courses, where he will go deeper into the work in the picadero. After a long day with a lot of new impressions I had the chance to ask Klaus some questions.

The horses you have met today, would you say they are representing a mixture of all horses?

- No. The horses of this day were a mixture of strong, demanding horses, and sensitive, fragile. They were all demanding, but in different ways. Even though there was no obvious problem, they were depressed. They were mentally exhausted. Many horseback riders of today are a bit afraid of horses, and then you want a half dead horse. Even though we all know that it is much easier to work with a horse which is sensitive.

- It is much more difficult to give life back to a horse than to extinguish it. The young horse can be compared with a mountain of sand. When you frame them you take away their power, it is like taking away a spoon of sand every day. The decrease is not obvious from day to day, but with the years the mountain disappears. The horse's nature and temperament disappears. Therefore it is important to let the young horse go forward! Until they can convert the power forward into power upwards. Don't force them to hold back, let them have their youth and their power.

What is the most usual problem that people have with their horses.

- Almost 100 percent of all horse owners do too much with their horses. They give too many signals, they want too much of themselves, of their horse, of life, instead of waiting for things to come. Dare to be patient!

Have you met any horse you could not help?

- During the years there might have been two or three cases where I could not do anything.

One of the horse owners today was afraid of her horse. Together with you she managed to overcome her fear and achieved a new confident contact with her horse. But is it not a high risk that everything goes back to the old when they are back home?

- I can only give what I give, ideas and symbols. But afterward I must leave it up to the participants what they make out of it. To change people takes a long time but I have made them aware. Perhaps they will not be able to handle the situation at once, but the new awareness and the time means that they will step by step start to manage. Previously I found it difficult to let them go, but I had to learn to let them manage by themselves. I can only show the way.



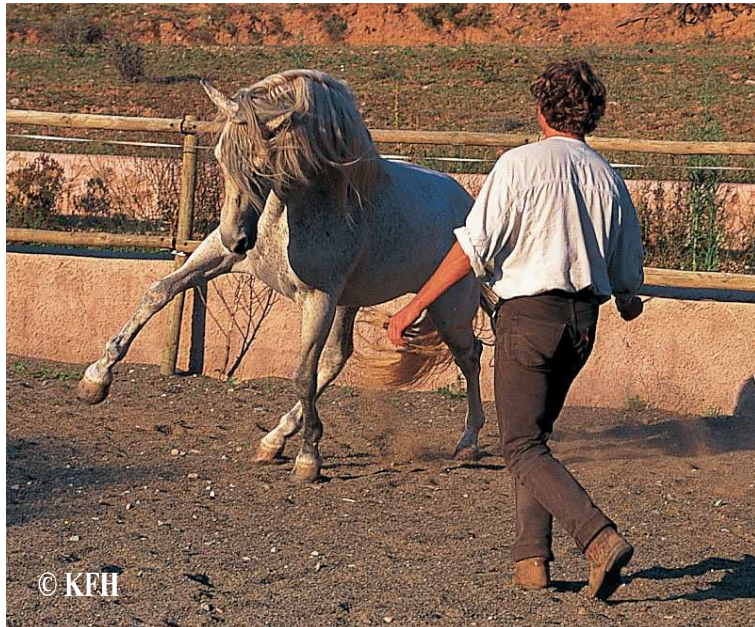
A mare at the clinic. According to Klaus she was overworked and had to learn that human beings do not only mean exhaustion but can also be nice.

Do you ever give people the advice to sell a horse and find one which is suiting better?

- I very seldom give the advice to sell the horse. The wishes might not fit with the horse. But wishes are just something outwards. The match is even good, because there was something in the horse's personality that made you choose it. Find out what that was, then you will see that it fulfils all the wishes you have.

What type of reaction have you had on your books, the classification of the characters and your way of working with horses?

- My first book "Dancing with Horses" was published almost 20 years ago and was first of all a success. Everyone talked about it and the comments were positive. "What Horses Reveal" with the different characters has had a slow start, but now it is on the bestseller list in Denmark (Klaus' home country, red. comment). People work with it more and more, but it needs more time.



Are you not concerned that your classification of horses in character groups can be "abused"?

- I have thought a lot about the risk of sharing the characters with others. People do easily get preconceived opinions about their horses and there is a risk that these characters are used in a wrong way. That you choose a character instead of seeing the horse. But in spite of this I have chosen to share it, in the hope that it can help some in any case. Perhaps they will begin to understand their horses better.

The characters are not divided in breeds, but you can still see that some characters are more usual within some breeds. For example it seems like "The King" is a typical P.R.E. horse. Can a half-breed also belong to the character "The King"?

- Absolutely! I am neither thinking in races nor in sex but look at the individual. A mare can also be a king. The horse has a feminine or a masculine attitude and that does not have to have anything to do with it's sex.

Several times you were talking about that you can see on the horse's chewing and yawning that it is relaxed. How do you know that?

- When you have tensions in the body you also tense the jaws. When the tensions are loosening up the horse begins to chew and yawn. The saliva also starts to flow which means that the horse must swallow. In studies on humans it has in fact turned out that attacks of mental depression can be predicted by tensions in the face. When you are relaxed and happy the face is subtle, that is the same by humans and animals.

Your way of being with the horses is very attractive. But is it possible to combine your pedagogy with the traditional riding, if you for example compete in dressage or show jumping?

- I do it in my way because it is what I believe in. But everyone can find his own mixture. You pick out what you like from different fields.



Thank you for your time.

- You are welcome.