

# Savvy Times

Welcome to the Journey! Issue 25, November 2009

International Savvy Club Magazine

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# New Website!

## Visit the **NEW & EXCITING** [parelli.com](http://parelli.com)

See the difference for yourself!

We all have our own stories of how, when, and why we found Parelli, and we remember the frustrations and confusions that brought us down this road. The new [parelli.com](http://parelli.com) is designed as a portal to help more people find Parelli when they, too, are looking for answers. The content of the new website has been specifically created to draw more visitors from popular search engines when they enter queries like: *My horse bucks, horse training, or horse club*. As you peruse the new site, don't be surprised to find language that sounds strange to a loyal Parelli student, but try to put yourself in the shoes of someone who is brand new to the program. This website was made for first contact.

As [parelli.com](http://parelli.com) becomes the destination for those who are new to Parelli, information that is specific to Savvy Club members – such as the 2010 Parelli Center courses – will be relocated to the Savvy Club website. The Savvy Club site will remain your source for education, information, and inspiration tailored to dedicated Parelli students.



>Welcome to Parelli

Designed with viewers new to Parelli in mind, the new [parelli.com](http://parelli.com) will truly invite curious horse-lovers to consider the Parelli philosophy of natural horsemanship by beginning at the beginning – an overview of the key ideas that set Parelli apart.

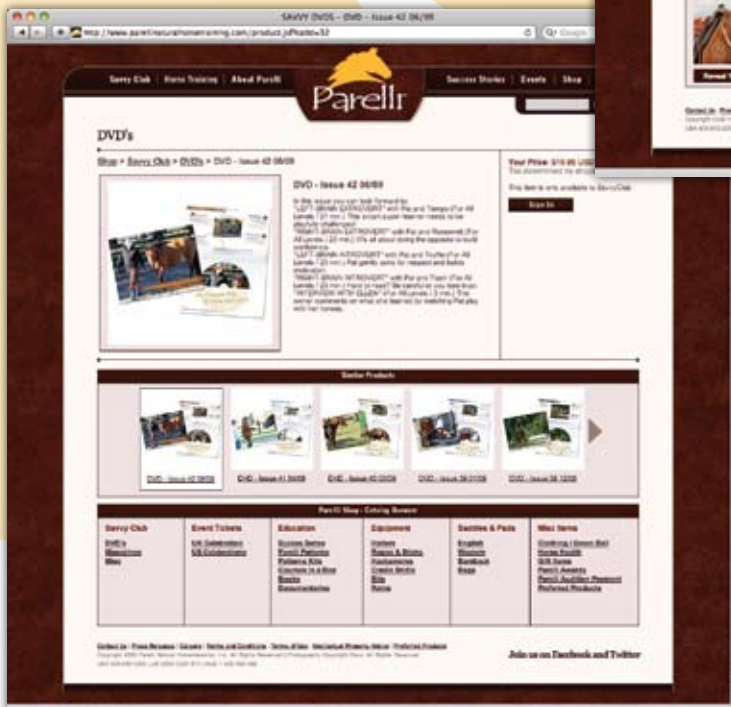
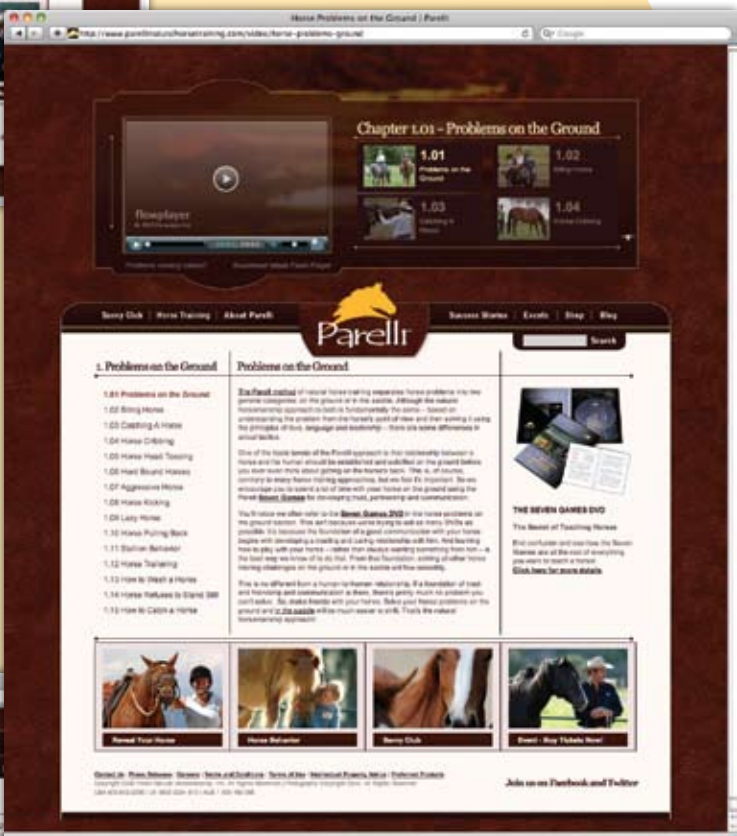


## Official Parelli Blog

Check in on our Official Blog to keep up with what's happening in the Parelli world. You'll find entries from our Parelli Teams all over the world, and even a daily blog from Linda herself!

## Video Problem-Solving

Many Parelli students start their journeys with a problem (or problems). The "Horse Training" section of our new website offers the Parelli perspective on the most common "problems" horse people encounter, and pairs text with short video clips to interest visitors in learning more.



## Improved Webshop

Order education, equipment, auditions, and Savvy Club materials from our new, comprehensive and easy-to-navigate webshop.



Dear Friends,

When Linda and I joined together in 1993 we were committed to do more than train horses or run clinics. We focused all our energy on a very big goal—to change the world for horses and the people who love them. We set about to cause the level of horsemanship to rise and to change industry standards.

Rather than fight against injustice and ignorance, we chose to demonstrate another way—one based on the principles of love, language and leadership—to put the relationship first, develop a balanced foundation through Four Savvys and commit to never-ending self-improvement.

Along the way many people have joined the cause and helped us to share the Parelli message, taking us from humble beginnings to being the number one horsemanship program in the world. Today almost every horse discipline at every level has been touched in some way by Parelli, and many horses have been saved from being sold or destroyed by our teaching humans how to understand things from the horse's point of view. We gave life to a movement we named Natural Horsemanship, and it is now accepted as its own discipline.

The Savvy Club is about building a culture of dedicated students who join together to empower this cause. By being successful with your horse you will live your dream and at the same time help make the world a better place for horses and the people who love them.

Through horsemanship you learn to master the principles of relationships, which goes on to impact almost every other area of your life and the people you connect with.

Thank you for being part of helping us to change the world.

Yours naturally,

Pat Parelli

Linda Parelli



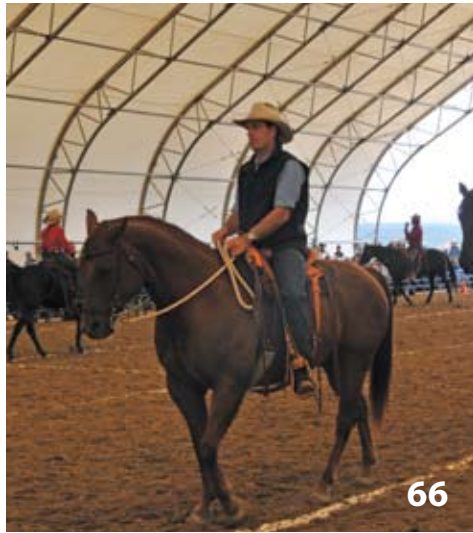
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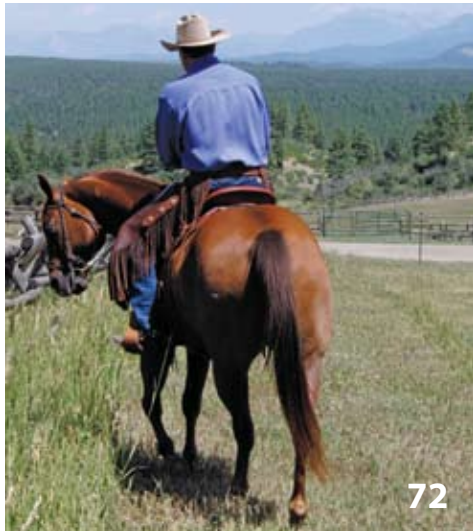
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# Savvy Times

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## FEATURES

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This program is about way more than riding! Have you tried using savvy to improve feeding time at the barn? Learn how the principles apply there, too!

### 66 | Precision Pen

Pat's taken the mystery out of dressage. Find out how the Precision Pen simplifies learning and makes Finesse fun!

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Here's a wonderful tool you can use to help your horse relax! Learn why it works and how to use it.

### On the Cover:

Pat Parelli and Vanna at the Florida Parelli Center



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Parelli International Savvy Club™ Magazine  
Issue 25, NOVEMBER 2009  
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# Getting Started

## Unlimited Access

# The Savvy Club Vault



### Getting Info is easy as 1, 2, 3!

1. Log into [www.parellisavvyclub.com](http://www.parellisavvyclub.com)
2. Enter your Username and Password
3. Enrich your mind, increase your savvy, solve your problem and see answers to questions just like yours. Hundreds of articles, video clips and more!

### Saves You Time

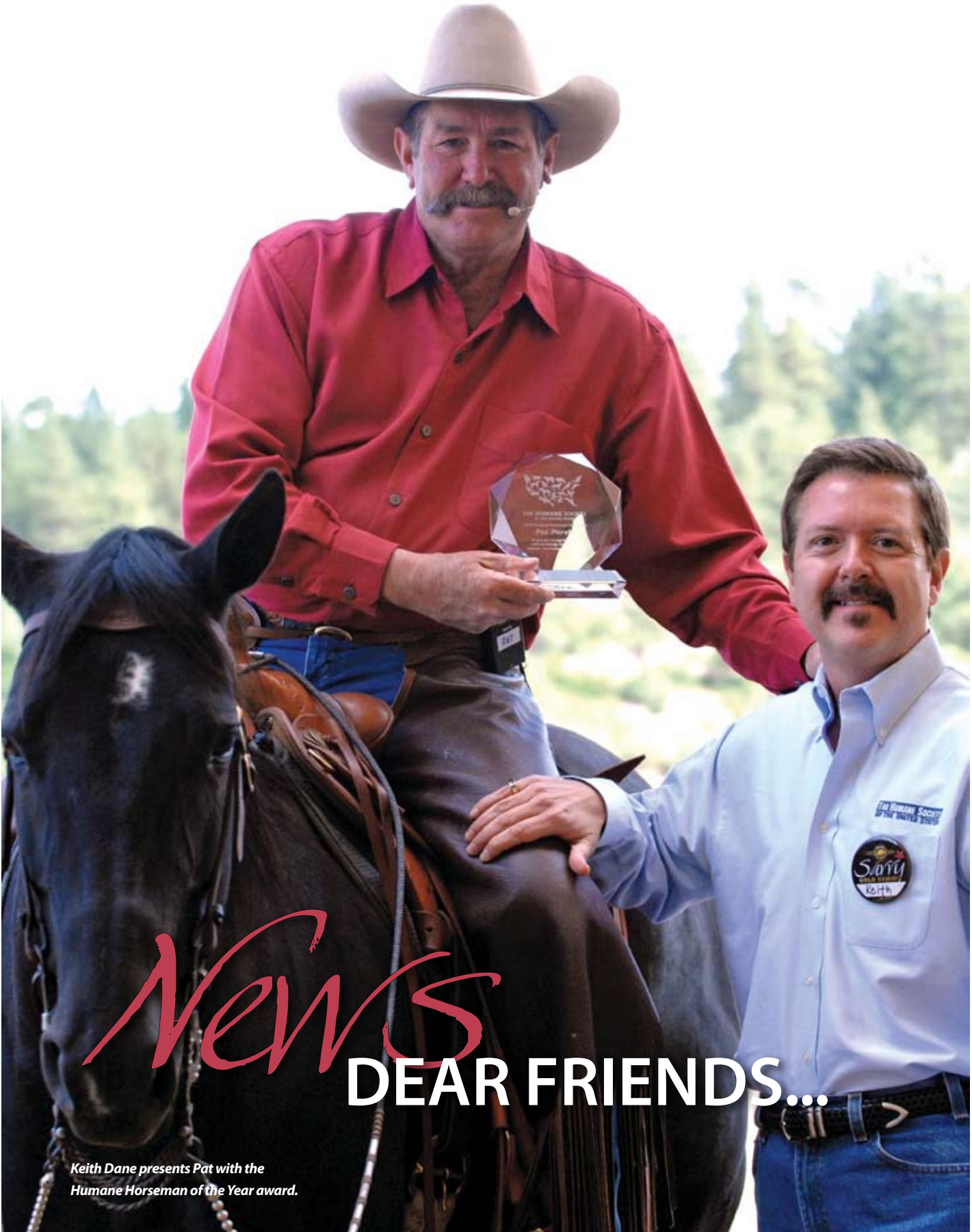
If you've got a very busy life the Vault is like getting a newspaper and going right to the sections and headlines you want to read. It's like having Parrell on demand. If your looking for something specific try our Google Search feature!



### Get Answers:

When you have a question the answer is here. We have thousands of answers to questions from students just like you all over the world! And if your answer is not here, email us: [savvyclub@parelli.com](mailto:savvyclub@parelli.com). If our staff of highly trained faculty cannot answer your questions, Pat and Linda will... plus there is the Gold Hotline for Gold members. No question goes unanswered in the Savvy Club! We are here to support YOUR success every step of the way.





# News

## DEAR FRIENDS...

*Keith Dane presents Pat with the Humane Horseman of the Year award.*

As I write to you we are traveling home from an exciting few days in New York City and Washington DC. We went to New York for the CableFAX Program Awards, where we were nominated in two categories: Best Hosts of an Educational Program and Best TV Program—Educational.

As we walked into the lunchtime awards ceremony at the Grand Hyatt in downtown Manhattan we looked like “two fish on a beach,” as one well-dressed New Yorker put it! I guess we looked really different from the elegantly attired actors, producers and directors from the cable/satellite television industry—Pat dressed in his best shirt, Wranglers, cowboy hat and boots (sans spurs) and me in my jeans, big western dress belt and Santa Fe jacket.

We found our table and joined other nominees, and shortly after we sat down we heard the hosts introducing celebrities in the room—Dan Rather, Suze Orman, James Lipton, Linda and Pat Parelli . . . *what???!!* The ceremony began, and winners made their way to the stage to accept their awards. Then came our first category . . . and we didn’t win. But we still got a nice award to take home as an honorable nominee. After quite a few more awards, Hall of Fame inductions and an interesting presentation featuring Dan Rather and James Lipton, our next category came up: Best Program—Educational. And the winner was . . . Parelli Natural Horsemanship, Linda and Pat Parelli!

***Not only were we deeply honored and greatly surprised that a little horse program could be nominated and win among such great programs, but this award is not just for us.***

I couldn’t believe it. We were sitting near the back and had to make our way to the front, squeezing between tables and accepting congratulatory comments. The whole time the host-judges were talking about what they loved about our program and trying not to make jokes like “and galloping up the aisle are . . .” as they confessed to us later!

Here’s what they said (it is also published in their magazine and on their website):

*“We admit the sorry dearth of equestrians among our panel of judges, but this wonderful show had us hooked. The Parellis (a husband-and-wife pair of horse trainers) make it look so darned easy. Of course, it’s not. But their mastery is fun to watch, and it’s hard not to appreciate their infectious personalities and beautiful training philosophy. Pat Parelli coined the phrase “Natural Horsemanship” more than 20 years ago to teach a better, safer and more productive horse training method that creates strong bonds between trainer and horse. Pat’s wife, Linda, meanwhile has*

*used her keen organizational skills to put Pat’s philosophy into informational chunks that eventually evolved into this delightful show. Horse owners everywhere benefit from these vital lessons. And even those of us without such a companion can appreciate the kindness and humanity of the Parelli approach.”*

Not only were we deeply honored and greatly surprised that a little horse program could be nominated and win among such great programs, but this award is not just for us. It is for every single person on our team who has supported us in bringing Parelli to the world, for all the hard work, passion and dedication they put in every day, and especially to the camera and production team: Yvonne Wilcox, Austen Atkinson, Eric Weiler, Horse & Country TV, Bipin Anand, and executive producers Neil Pye and Sue Shoemark, who produced the three-part show called “Master Class” and captured the spirit of Parelli in our spectacular 2007 Celebration event in the U.K.

### **Cavalía**

Have you seen Cavalía? It’s probably the greatest horse-related entertainment show in the U.S., if not the world. Created by Normand Latourelle, originally of Cirque du Soleil vision and production, this show brings together their renowned theatrical effects of staging, lighting, acrobats, original musical scores and fascinating storytelling with the power, romance and fascination of horses.

When Pat and I first saw this show in 2006 in Dallas with Craig Johnson and his wife Lynne, we were blown away. As you know, when you savvy horses it’s very hard to be impressed by movies and shows involving horses, but we were transfixed from beginning to end.

When we met up with Normand again yesterday, he told us that the show had evolved quite a bit since we saw it—especially since their star, Frederic Pignon, decided to stay in Europe after the show toured there, to be close to his parents during their later years. Without making any apology, Normand simply said, “Well, you will see and tell me what you think.” Frederic’s successor is Sylvia Zerbini, who is an eighth-generation circus trainer, and she was phenomenal. What we loved best was how much her horses wanted to be with her.

Normand treated us to VIP Rendezvous tickets, which included a wonderful buffet dinner and intermission dessert in the special VIP area, and he welcomed our personal guests, Keith Dane from the Humane Society, Randy Ripley, Beatrice and Adie von Gontard of the Texas Pitchfork Ranch and Budweiser family, SeaWorld, Busch Gardens, Discovery Cove fame, all of whom put dedicated effort into a better life for animals and are advocates of the Parelli program.



Not only was the show every bit as spectacular as before (do I keep saying “spectacular”?), but our behind-the-scenes tour was almost more exciting than the show itself. We learned how much effort is put into every detail, from the care, feeding and exercise of their equine stars (64 of them!) to the stage design and footing—and then, of course, the electricity of the performers themselves. Understandably, they sometimes deal with equine athletes who do not feel too willing on a given night (no prizes for guessing what Horsenality™ they are!), but their efforts to honor the horse were not lost on us. In fact, that is something that Normand is talking to us about for the future.

Here is part of our thank-you note to Normand and Dominique, his wife and the original director of marketing and communications:

*You warned us that the show was quite different since Frederic left, and we must say that we actually enjoyed it more! The horsemanship was a little different without Frederic's influence, but impressive nonetheless. Sylvia was super—her Liberty with the eight horses was spectacular and world class. And then, of course, every element of the show is astonishing, from the greetings and food to the way you handle people. The show itself stimulates the senses and leaves you with a wonderful feeling about life, art and horses.*

When you go to Cavalia, at minimum you have to go on the Horse Lover ticket, and if you like to be treated specially and eat like a VIP, too, get the Rendezvous ticket. We're going to the show again when it is in Miami this winter, as Pat wants his top

protégés and his parents to feel the experience. (By the way, we saw several Parelli students there—thanks for saying hi!)

Our hats go off to Normand, Dominique and their team. As a vision and a business they have our ultimate respect.

### **The Gold Savvy Summit, Pagosa Springs, CO**

Right around 200 Gold Savvy Club members attended our first Savvy Summit at our Parelli Center in Pagosa on September 12, 2009. Of course, many dropped in on the days before, having made it a good excuse for a vacation and convinced their long-suffering and highly supportive spouses that it would be worth it!

This event is not like anything else we've ever done, and we had some important goals for it ourselves:

1. We wanted to make it more personal (rather than for an audience of thousands).
2. We wanted to be able to greet and mingle and treat it more like a class with Pat and Linda.
3. We wanted to hear from you.

There are four Gold Summits scheduled—two at our U.S. Parelli Centers (Pagosa Springs and Ocala), one in the U.K. and one in Australia. We really enjoyed being at the “meet and greet” as Gold Savvy Club members arrived so we could say hi personally and catch up with extreme students, some of whom we've known for twenty years!

In the first session Pat, with the help of his Mastery Students, presented his breakthrough information on Finesse—the precision grid. He explained and made visible the game of



*Sylvia with horses at Liberty*



*Randy Ripley, Keith Dane (HSUS), Pat, Linda, Normande Latourelle (Cavalia), Beaty & Adie von Gontard.*

September 12, 2009

Savvy Summit Pagosa Springs, CO!

*"This event was the most relaxed and enjoyable for us ever. It's so great to be surrounded by such hungry students and being able to get your input for the future is an important element for us as we continue to develop the Savvy Club for you. Thank you for being there and we look forward to seeing more gold members at our next 3 summits!" –Linda and Pat Parelli*

*"I'm still trying to wrap my brain around all the things I learned. My horse will be so impressed with all my new savvy!"*

*"Having the opportunity to see Parelli top students play at higher levels under the tutelage of Pat and Linda all day was superfantabulus! I was able to bring back home so much information that will launch my own journey to a much higher level."*



precision by drawing lines on an arena and having his riders prove the importance of precision and accuracy in a way that we could all understand. Not only was it incredibly enlightening, but I had many tell me that it actually made them interested in Finesse!

All our hours with the master, Walter Zettl, and Pat sitting by his side observing hundreds of hours of lessons is what led to this. In his unique style, Pat found a way to give us meaning when riding in an arena and exploring the importance of Finesse as it applies to becoming a real horseman . . . naturally.

After lunch it was all about you, our Gold Savvy Club members. We wanted to hear from you and make it a summit, more than just a one-way delivery of info! And thank you for what you shared; we'll be taking it all on board.

The afternoon belonged to me, and I'd given the group a choice of three "makeovers." Of course, they chose all three, and they said they didn't care about the finish time—they would be there until midnight and help clean up if necessary! We didn't finish too much over time, but it was a lot of fun watching them: a Left-Brain Introvert horse allergic to arenas (Smart Seven), two impulsive horses and the secret of partial disengagement (which I'm sharing in this issue) and two rider makeovers.

It was all over too soon, as usual, and we cannot wait for the next one.

***We design our saddles to fit a horse in motion, so they don't actually fit a horse at rest, as most normal saddles do. As a result, the horse feels free.***

#### **Pat Parelli awarded HSUS Humane Horseman of the Year**

A great surprise at the Summit was when Keith Dane of the HSUS (Humane Society of the United States) awarded Pat this incredible honor. We are privileged to be working in collaboration with the HSUS to improve the lives of horses, especially in the area of improving horse-lovers' savvy so they have more successful relationships with horses and avoid failure in the first place. That is a big part of our Celebration tour in 2009, and we are thrilled to see horse fairs and even other clinicians following suit.

Pat was suitably moved, and we are making plans for the exciting next steps of our relationship with the HSUS to help horses and the people who love them.

#### **New Parelli Dressage Saddle**

Newly launched, good for horses, confronting for riders!

The more I learn about how horses move and how much saddles restrict them, the more passionate I become about

creating saddles that feel better to the horse and push people to become better riders.

Until you ride in a Parelli saddle you exist in ignorant bliss. When a saddle locks behind a horse's shoulders and stays put no matter what, you are lulled into the illusion that you are a good rider. But as soon as you use a saddle that does not do this, the truth erupts!

We design our saddles to fit a horse in motion, so they don't actually fit a horse at rest, as most normal saddles do. As a result, the horse feels free. He is invited to lift his back and move his shoulders and lift his withers and bring his hind legs further up under him as a result. On the downside, all your faults and tendencies are exposed! It shows you when your horse is downhill, when you drive with your seat, when you are crooked or moving in disharmony with your horse, which gives you the opportunity to improve your riding—especially because it tells you when you've got it right.

Parelli saddles are not for riders who just want to ride and not improve the way they ride. We put the horse's experience first and compel the rider to lift his or her game.

The new Parelli Dressage Saddle brings you the same generous tree, specially soft and flat panels and open seat as the Fluidity GP saddle, but with straight flaps and an elegant single leather stirrup to avoid bulk. Go to [parellisaddles.com](http://parellisaddles.com) for all the info and to learn the philosophy behind the design of all Parelli saddles.



*New 1-Star Parelli Professionals!*

#### **New Parelli Instructors**

In keeping with the Parelli vision to change the world for horses and humans, to inspire, empower and educate, we are firmly on track to develop and certify a thousand Parelli instructors the world over. Our star system is now geared for being certified to teach at one star per savvy: 1-Star = On Line;

2-Star = On Line and FreeStyle; 3-Star = On Line, FreeStyle and Liberty; 4-Star = On Line, FreeStyle, Liberty and Finesse, all four Savvys; 5-Star = certified to teach professionals to teach as part of our instructor courses.

Changing the world is a huge vision and one that Pat and I have had since uniting our efforts in 1991. Affecting the way people treat horses and influencing industry standards and change is an important mission for us as horse lovers, and Pat's program is incredible when it comes to empowering horse lovers. We don't keep our training secrets a secret; sharing them is what it is all about. We have already made an impact—natural horsemanship has become an industry in itself, and it challenges the normal, autocratic method of training horses, not to mention giving recreational horse-lovers a progressive educational program via the Levels Program. Many of our students have become clinicians, trainers and instructors as a result of what they've learned, but most of them have never had the opportunity to unite with us in a common mission. Many colleges have taken on the Parelli method as their curriculum, and many employers look for people with Parelli horsemanship credentials.

In September 60 new 1-Star Parelli Professional instructors emerged, having linked with us to do more than just have a rewarding career. They have committed to be part of a bigger vision, to help change the world for horses and humans. If you want to be part of this, please check out the instructor application information under the Professional Program at [www.parellisavvyclub.com](http://www.parellisavvyclub.com).

As new 1-Star Parelli Professionals graduate under the new guidelines, our existing ratings will be unaffected until January 1, 2010. Our 3- and 4-Star instructors who have devoted thousands of hours and years to supporting you in your quest for natural horsemanship are already ahead of the curve and are automatically part of Pat's mastery program. Please note that the new star ratings descriptions do not come into effect until January 2010, and do email us if you have a question. Parelli Professionals are an important part of our united vision to change the world. They have already been actively influencing the recreational, competitive and professional elements of the horse industry for many years, and they will be part of mentoring our fledgling instructors.



*Pat and Linda with modern dressage master, Walter Zettl.*

And thank you all for doing your part—being such good examples!

### Pat's Passion for Progress

As we focus our sights on developing the ultimate support system (such as more Parelli Professionals), the flavor of the Parelli Centers is changing worldwide, starting with Colorado and Florida. In 2010 there are only a few two-week courses scheduled for students who want to immerse themselves in the purity of Parelli, including a four-week fast-track course for those of you with professional ambitions under the Parelli banner.

As we move forward the focus will be on developing Parelli instructors, horse development professionals and ambassadors\*. There is a lot to do and an entire industry to change so that horse-lovers can realize their dreams, be part of developing relationships with horses that are closer to their dreams and stamp out the chauvinistic, sometimes abusive and often ignorant approach to horses that ends with people and horses being hurt or even killed.

How are we going to change it? By doing more of what we've been doing on a much larger scale: inspiring, empowering, educating. This is not about making others wrong and policing their activity so much as showing a whole new realm of possibility. The thing you experience every day with your horses, now that you have savvy, needs to be shared with others the world over.

*\*Don't want to be an instructor, but want to be part of changing the world with us? Stay tuned for the Parelli Ambassador Program. Details coming soon.*

We would especially like to thank Carol Coppinger for her part in putting together the new one-week Parelli 1-Star instructor training.

### Coming to the U.K., calling Europe!

The year 2009 marks another Parelli Celebration at the National Events Center in Birmingham, U.K. This is our third event here, and each year it gets bigger: In 2007 some 4,000 horse-lovers and Parelli aficionados turned up from all over the U.K. and Europe. In 2008 there were 6,000.

This year will be the last time Remmer and Magic are shipped across the big pond, so please spread the news and get as many of your friends there as possible. In addition, we are proud to bring with us the modern dressage master, the "guardian angel for dressage horses," the incredible Walter Zettl. Having worked intensely with him these past three years, we are more than ever convinced of the bond Parelli Natural

Horsemanship shares with the true classical dressage principles, as opposed to those portrayed in modern competition.

Walter Zettl is passionately opposed to the forceful, mechanical and false movements popularized today and campaigns regularly at the highest levels. Through our association we seek to bring back a passion for dressage in its truest form, in how it brings horses and humans together in exquisite harmony and incredible athletic expression, without force, fear or intimidation.

We don't plan to bring in an expert dressage rider; Remmer and I will be proud to have a lesson before you showing what we've learned and what we still need to learn in search of this higher level of unity in the fourth Savvy: Finesse.

In addition, Walter has invited some very special guests to join us from Germany!

***This is a big part of changing the world by creating products that are more geared to people new to Parelli.***

### The Re-launch of Parelli

In closing, I just want to share with you that even though these are economically tough times, there are some exciting developments within Parelli that you'll be witnessing starting in the month of November. In-house, we are calling it the re-launch of Parelli, and only part of it is the new Levels products. Many of you will not want or need this because you are already through so much of it, but what's different is that it is Pat's vision of what each Level involves. And as you die-hards know, there is always something in there that opens a whole new level of understanding.

For the first time we have been able to formulate a starter kit and then show the view from Level 1 through 4 for those who are interested in developing themselves for their horse's benefit. This is a big part of changing the world by creating products that are more geared to people new to Parelli.

As industry leaders with copycats constantly snapping at our heels, we are acutely aware of our responsibility to provide constant and never-ending self-improvement at every level, and especially beyond ourselves. I cannot tell you what we are actually doing right now (or I'd have to kill you!), but by the time you get this magazine things will already be starting to unfold.

We are ever grateful for your passion and support in changing the world for horses and humans and look forward to soaring through the quantum leap that is about to happen . . . together.

Yours naturally,

Linda



**BREAKING NEWS!**

New products available from  
[www.parelli.com](http://www.parelli.com) on November 21, 2009!



The  
**PERFECT**  
gift for the  
holidays!

## GET STARTED

Communication problems are usually at the heart of frustrations and misunderstandings between horses and humans. All a horse knows to do when having trouble is to resist, and sometimes quite violently.

*Solving your problems naturally.*

Every problem can be solved without force when you use love, language and leadership. This is why Parelli has become the world's leading method for preventing and solving problems with horses. It teaches you how to see things from their perspective and to use strategies that make sense to the horse.

Quick fixes don't work. This is a true fix. Pat Parelli will teach you how to solve problems naturally, the way a horseman would.

## The NEW Get Started DVD

*New!*

The ideal DVD for horse owners who want to "Get Started" naturally!

► Visit [www.parelli.com](http://www.parelli.com) TODAY to take advantage of the **SPECIAL INTRODUCTORY**

# Now Available!

## The Next Generation Levels Program

Parelli is proud to introduce the all new step-by-step 2009 Levels Program featuring Pat Parelli!

In Level 1, the first step of the Parelli Program, you are going to learn the essential skills for safety and communication, and it all starts on the ground. Playing the Seven Games™ with horses On Line, the first of the Four Savvys, teaches you to read horses and to build a strong, trusting and growing relationship based on love, language and leadership.

*Essential skills for safety confidence and fun  
on the ground and riding.*

### LEVEL 1/2



In Level 2, we're going to show you how to build confidence in both you and your horse, and learn how to have more fun on the ground! Then we'll introduce the second of the Four Savvys, FreeStyle, where you'll see how riding without contact helps horses become more responsible, self-controlled, confident and relaxed.



**PRICE for Savvy Club Members!**



## LEVEL 3

In Level 3 of the Parelli Program you will learn the essential skills that take your horsemanship to a level of excellence most people only dream about. This is where you take a giant step towards becoming a horseman, someone who truly understands horses from the inside out and possesses significant skills.

*Essential skills for excellence in communication, bridleless riding and liberty.*

Learn as Pat delves into more advanced On Line and FreeStyle concepts, then introduces Liberty, the third element of the Four Savvys - the ultimate test of the trust, truth and bond.

The relationship you develop through this program will lead you to the thrill of playing with your horse in freedom, at Liberty, and the harmony you develop when riding will help you reach a new level of savvy and refinement.

► Visit [www.parelli.com](http://www.parelli.com) TODAY to take advantage of the **SPECIAL INTRODUCTORY**



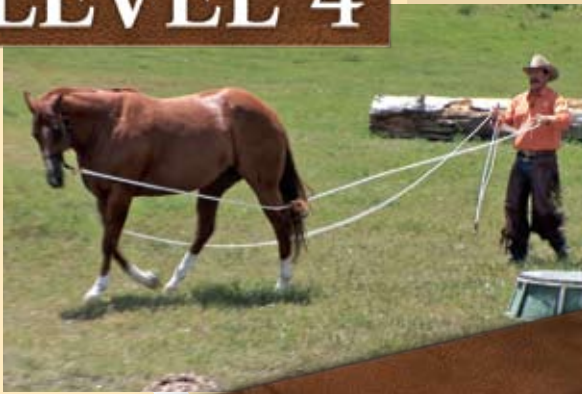
In Level 4 of the Parelli Program you are going to learn the fundamentals of performance. It brings all Four Savvys to a spectacular expression of expertise. Sports such as dressage, jumping, eventing, reining, cow-working, endurance, driving, etc. demand a high level of trust and skill from you and your horse.

## *The fundamentals of performance.*

Learning how to prepare your horse naturally with a solid foundation will take you to the highest levels without the stress so normally experienced by horse and rider when striving for excellence.

Watch as Pat continues to develop your On Line, FreeStyle and Liberty expertise, and then explores the last of the Four Savvys, Finesse. Riding with Finesse is one of the most challenging things to do well because horses are naturally claustrophobic. The Parelli program will teach you the careful process of building contact and collection, naturally.

# LEVEL 4



**PRICE for Savvy Club Members!**

# 2009 Levels Program Launch

*In 1999, Parelli launched the first-ever home-study program for natural horsemanship. Now, ten years later, we are re-launching this timeless information, incorporating the lessons we've learned along the way. We sat down with Neil Pye, 5-Star Parelli Professional, to get answers to the pressing questions.*

## **Why did you recreate the Levels program?**

One of the guiding principles of Parelli is to remain positive, progressive and natural, and when we say progressive, we mean it. Most educational curricula are locked in place, whether the information remains relevant or not, because changing the system is too expensive and difficult. At Parelli we strive to stay in the moment. When we discover new information or a better way to teach something, we will change, and we have.

The first Levels program was wonderful, and it changed and helped people all over the world—but we needed to find easier ways for learning to happen. When we re-launched Levels 1 and 2 we were able to address the learning challenges that our students were facing, but Pat and Linda still felt that the program was causing people to be too technique-based and task-driven. In response we focused on creating products that emphasized the psychology and principle behind the Parelli program. Liberty and Horse Behavior, the Success Series and the Patterns were all designed to help our students focus on psychology rather than just mastering certain tasks.

The 2009 Levels program unveils Levels 1–4 for the first time and presents the very hub and essence of the Parelli program. To not make this available would just be crazy, and for people who are new to Parelli it will make a lot of sense.

## **What is the current pathway for studying Parelli?**

The 2009 Levels program is like our tree trunk or spine, and everything hangs off that. The original Levels program was our starting point, and we brought in new products to emphasize the psychology behind it all, yet we did not update the Levels program. The curriculum was there, but in recent years there has been confusion about how to progress. We showed students how to combine some Success Series DVDs and the Patterns and, of, course, the Savvy Club, but now all of these things will branch off the tree trunk that is our Levels program. Pat calls it the “hub”.

Levels 1-4 will give you the curriculum you need to understand and a view of the whole journey to Level 4. At a certain time in Level 2 you may want to know more detail on reading horse behavior, and Liberty and Horse Behavior and the Horsenality™ DVD will plug right in along the Levels Pathway. At another point Patterns will become especially relevant. The 2009 Levels

program will provide you with structure, and now Liberty and Horse Behavior, Patterns and Success Series will naturally complement that.

## **If I already own the previous Levels, Success Series and Patterns, do I need to purchase the new Levels?**

No, you don't have to. I recommend you do, if you can, but there is so much wonderful material in what we've already done that the former products stand alone. I believe the 2009 Levels program integrates the material all in one product and makes it clearer, simpler and more step-by-step. If you enjoy the products we've put out before and they're helping you, you don't have to have these new packs. If you could, however, it would be a wonderful next step forward and valuable because it presents the whole picture. Pat is an improvaholic, so you can imagine how much more he knows now to guide you through the Levels.

## **What materials do the new packs include?**

By design, we've kept it really simple, and the presentation of the product is just wonderful. They're DVD-based and something I'd like to think that you'd be proud to have on your bookshelf.

In the past we've done many things with videos, DVDs and pocket guides, and they've all been helpful tools. What we've done this time is simplified it even further, allowing Pat to talk directly to you. We have some graphics there as well, and we do some major summaries on really important points like the responsibilities of a partnership, but we wanted to minimize the graphics and booklets. We wanted to keep it really simple: Pat talking to you and taking you from step one all the way through to Level 4.

There are hours of education, so you don't just sit down and watch it all at once. You'll sit down and watch some of it, and then, in nearly every DVD, we've included a section called “Can You?” Pat doesn't tell you how to do these challenges, but if you've understood what's gone before, the “Can You?” should make sense. If you have trouble with the “Can You?” segments, you'll know that you need to go back and review that section.

Pat is a marvelous teacher because he teaches by tasking. He shows you the concepts and gives you things to try, and in

the doing—in the success and the setbacks—you learn. In a learning situation we want to learn, but we don't want to feel uncomfortable. But you do have to learn to stretch a bit, so Pat gives you a little bit of information—feeds you with a spoon, not a shovel—and then he says, “Can you try this?”

### Why are Levels 1 and 2 in one package?

We included Levels 1 and 2 in one package because in a way, they are almost inseparable. History has shown us that people get stuck in Level 1 for far too long. Level 1 is probably the most important information, but the way you get good at it is by progressing, by using that information. What we found was that people were trying to perfect Level 1, and there is really no such thing. By putting Levels 1 and 2 together we hope to encourage people to take it further, to not get stuck and to learn to become more interesting for their horses. We don't want people to just know the Seven Games, because that's only the beginning. You also need to know how to play with them and use imagination to keep it provocative and fun. And if students can grasp that, who knows where they'll go?

### What is included in Level 4?

Level 4 is the culmination of the home-study program. In Level 1 you learn about On Line; Level 2, On Line and Free-Style; and Level 3 introduces the third Savvy, Liberty. But Level 4 goes through all four Savvys and shows you why it is so important to keep them balanced. It is often when you get to this level and pick a discipline that you start to get awfully one-dimensional again. For example, people decide “I must be a show-jumper,” so all they do is jump, jump, jump, and the relationship goes away.

If you've been studying this program for anywhere from two to ten years, you're going to love this Level 4—it brings everything together. It will lock into you the reasons that everything you do with your horse should always reflect the four Savvys, and in the past that's gotten lost. We were somehow drawn to Pat and Linda's philosophy. We became members of the ropewiggler's association and we got to a level of something—in the past it was Level 3. When we got there we'd suddenly get direct-line again and lose everything we'd learned. I think this Level 4 sets people up to live the Parelli philosophy in the long term.

### Do the 2009 Levels cover the tasks from the Self-Assessment checklists?

I wouldn't say every one, but every major concept, everything you need to know to get anything done, is covered in this—and therefore many of the Self-Assessment tasks are in here. Even

if something is not specifically covered, you will know through the other teaching how to achieve it. If you want more information, the wonderful thing that we do provide is the Savvy Club Digital Vault, where you can find information relevant to the tasks you need more help with. And as you know, all the tasks are demonstrated by Pat; just go to the Levels Pathway and click on Self-Assessments.

We could have put every single thing in here, but then we'd be feeding you with a shovel, not a spoon. Pat always says, “I may not teach you what you want to know, but I'll teach you what you need to know.” If you really grasp that, you'll know how to fill in the blanks. Pat teaches in concepts and some detail, but it is through doing that you discover things; and it is better that you discover things for yourself, because then it will be yours forever. That's the empowerment part. Parelli has become a world-changing force because it does more than just educate; it inspires and empowers, too.

### What is the purpose of the Get Started DVD?

The Get Started DVD is for people who are asking the question, “What is natural horsemanship?” People often come to Parelli as a last resort. They've got a problem, they've tried other things that haven't worked and they come to us because they don't know where else to go. In the Get Started DVD we shine a light on the fact that these problems are just symptoms of an underlying relationship issue, and until they address that, everything else they do or buy will only be Band-Aids.

Get Started talks about some of the most common problems people encounter—biting, bucking, rearing, trailer loading, etc. We talk about why these problems arise, and then we show how to solve them. This is a stand-alone product, and for a lot of folks it might be all they need. But for those who want to know more, we've pointed toward the 2009 Levels program as the next step. In essence, our goal is to inspire people to want to become horsemen. That's the real way to solve and prevent problems and create mutually rewarding relationships between humans and horses, rather than believing that riding lessons and bigger bits are going to fix problems.

The future of Parelli looks very, very bright! The new Get Started DVD will help many more horse lovers join us on this amazing journey of horsemanship. It's our job to popularize this so more horses have better lives and more people can achieve their dreams with horses. When you are successful with your horse, you become a living example to inspire others. We thank all of you in the global community called the Savvy Club for sharing this journey with us and for being part of changing the world for horses and humans. 🐾

# Levels Pathway

## Parelli Levels Pathway

Your Journey From Level 1 to Level 4

*Making progress step-by-step, increasing your savvy level by level has never been more simple.*

*Now you can develop in one Savvy at a time and progressively add a Savvy when you are ready until you are playing in all Four Savvys with your horse - or two Savvys if you don't ride!*

*For more details, go to [parellisavvyclub.com](http://parellisavvyclub.com).*



### Level 2 - FreeStyle

**Educational:**  
Level 1/2 Program

**Equipment:**  
Natural Hackamore or  
Snaffle bridle

### Level 2 - On Line

**Educational:**  
Level 1/2 Program

**Equipment:**  
22-foot Line



### Level 1 - On Line

**Educational:**  
1/2 Program

**Equipment:**  
Halter, 12-foot Line,  
Carrot Stick and Savvy String



**Level 3 - Liberty**

**Educational:**  
Level 3 Program

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**Level 3 - FreeStyle**

**Educational:**  
Level 3 Program

**Equipment:**  
Bareback Pad

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**Level 3 - On Line**

**Educational:**  
Level 3 Program

**Equipment:**  
45-foot Line



**Level 4 - Finesse**

**Educational:**  
Level 4 Program

**Equipment:**  
Cradle Bridle

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**Level 4 - Liberty**

**Educational:**  
Level 4 Program

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**Level 4 - FreeStyle**

**Educational:**  
Level 4 Program

**Equipment:**  
2nd Carrot Stick

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**Level 4 - On Line**

**Educational:**  
Level 4 Program

# Summer School the Parelli Way

*The summer of 2009 will long be remembered as the summer a small group of people came together to create something very special for Parelli students all over the world.*

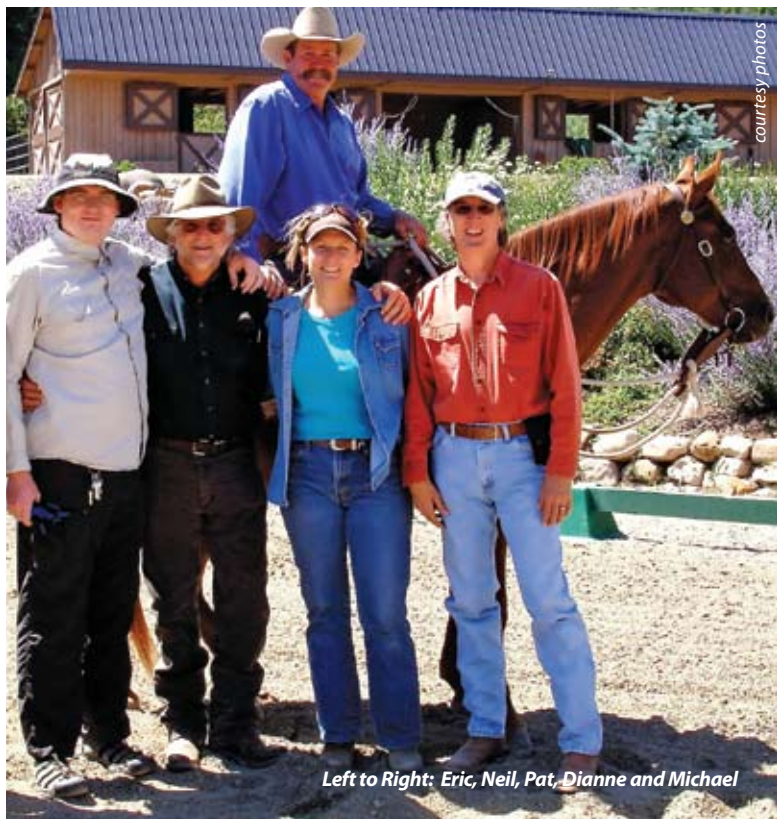
Once the decision was made to create new DVDs for Parelli Levels 1–4, Parelli 5-Star Master Instructor Neil Pye worked with Pat and Linda to outline Pat’s vision of what would be included in each Level. Veteran Parelli television producers Michael and Dianne Killen were brought in to helm the production of the project while horses, locations and equipment were prepared for the massive project. Production was set to begin in July, with Michael and Dianne choosing a three-camera high-definition setup in order to capture each scene with as much detail as possible. Eric Weiler joined Michael and Dianne on cameras while Neil kept a close eye on the outline of each section. Pat made sure that each Level contained as much information and inspiration as Pat and Linda wanted for these new products.

“Shooting in Colorado in the summer was fantastic,” says director Michael Killen. “The Parelli Center in Pagosa Springs is a beautiful place, and it was so good to be back working with Pat. For each session Pat would have some of his mastery

students assist him with the equipment and horses. Their help to us was invaluable. As for them, they not only learned more about horsemanship but got a little savvy about video production as well.”

*I couldn’t believe how much watching Pat in these new Levels programs accelerated my learning.*

“We were very pleased that Parelli chose us to take on such a significant project,” says producer Dianne Killen. “Our experience working with Pat and Linda on their TV show paid off as the demands of each production day grew.” The accurate editing of each Level was critical. Michael, Dianne and Eric had the huge task of editing the location footage into the finished projects utilizing three edit rooms. “As a horse owner and student of Parelli myself, I couldn’t believe how much watching Pat in these new Levels programs accelerated my learning,” says Dianne. “I had a front row seat to what Pat was teaching, and it was amazing! I am so excited to think about how much



Left to Right: Eric, Neil, Pat, Dianne and Michael



these projects will help people with their horses. I only wish I could be in the room when people see these for the first time!"

A key element to producing the Levels was the horses. Several horses are seen throughout the production, including such well-known Parelli partners as Magic, Remmer and Aspen. A grey gelding named Midas also played a key role. Taping for Level 1 required a horse that did not know the Seven Games, and a search was conducted to find the perfect horse to fit the bill. Midas was located on a neighboring ranch, and his owner, Ray Burd, not only graciously allowed Pat to teach Midas the games for the cameras but was so impressed with what he saw that he offered to loan Midas to Pat's Mastery students to continue in the Parelli program.

Neil Pye is particularly proud of the project. He recalls, "Pat had to juggle a lot with all the responsibilities he has to keep this project on track. It was wonderful to see him give his all for this production." As for the hard work involved, Neil adds, "We had a great team, and I couldn't be happier with the results.

Once again Pat has proven himself to be a master horseman, and the fact that we captured it on these DVDs for all the world to share is fantastic."

Production of the new Parelli Levels DVDs was an intense experience that will never be forgotten by the team that spent an unforgettable summer under the Colorado sky with Pat Parelli.

This is the first time in Parelli history that all Four Levels have been addressed in a DVD product, and by Pat himself. With years of experience teaching Levels 1-4 and beyond, Pat Parelli had enormous scope, depth and vision to share. 🐾



*Midas with owner Ray Burd, Pat and Neil*

courtesyphotos

# UK Winter Workshops

## From a 1-Star Instructor's Perspective by Sally Brett

*I became a 1-Star instructor in September 2008 after graduation from the summer university held at the Parelli Center, Pagosa Springs, Colorado. I returned to the U.K. from 10 weeks of Colorado summer, straight into the U.K. autumn.*

Quite a change of cultures and temperatures! Autumn and winter in the U.K. can be long, dark, wet and dismal, and when I heard about the winter Horseless Workshops that were being held at Parelli U.K. Centre, I was keen to be involved. An exciting opportunity to further my “teachermanship,” to spend time with other instructors and to meet with lots of like-minded students—ideal to raise the spirits during the long, dark winter months!

These Parelli Horseless Workshops were the first of their kind, and I was interested to see how they would work. The Parelli Centre in Stoneleigh Park, Warwickshire, is situated in the middle of the U.K., which is ideal for visiting. Traveling was made even easier without a horse in tow! Many students

traveled over two hours to workshops (quite a distance by U.K. standards, although U.S. and Australian students might disagree!), and some even came overseas from Ireland.

Fourteen workshops were held in total, covering many different topics, including Horsenality™, building confidence, leadership and impulsion. Although each workshop day had a different theme and a new group of students, the result was consistent—to feel the power of the pure Parelli message and to be close to the source at the U.K. Parelli Centre; to meet existing friends and develop new friendships with students from all around the U.K.; to feel motivated and inspired through the dark winter days; and to develop a greater awareness of concepts rather than details. At first the messages felt relevant to





the students, but they became more and more relevant to me as an instructor too, especially the last one—“The devil’s in the details,” as senior instructor Rob McAuliffe kept reminding me.

Pat says we’re natural till we’re about 12 years old, after which adults spend their time making simple things complicated. We had a great example of that at our Parent and Child workshop. Every workshop started with the Name Game, a ball game to help participants get to know one another. Previous workshops had seen us adults getting in a muddle with details and rules. At the children’s workshop the game was a breeze, completed in record time by the children, who didn’t add complications. That theme carried on throughout the day. A valuable lesson that we adults could learn!

Carmen Smith, resident instructor, did a fantastic job of leading the instructor team and students through each workshop. I learned a great deal from seeing the whole process—the planning, the presentation of information and the debriefing. As Pat says, “Get your good better and your better best.” The instructor team took this seriously; every student was asked for feedback at the end of each workshop.

I really enjoyed spending time with Carmen and the other instructors, learning from them to improve my own teaching skills. Never-ending self-improvement isn’t always comfortable, similar to our horsemanship. We open ourselves to a new awareness of things we don’t know. Recognizing that this is part of the process of growth means that progress is just around the corner.

I learned some important lessons that apply to my horsemanship as well as my teaching. Pat tells us that leaders must have a plan, and I learned that being flexible with that plan is important, too. And there are no rules—we must be open to experimentation and flexibility.

*I must take the time it takes so it takes less time.  
I have learned that both horses and humans can  
gain confidence from patterns and repetition.*

I also learned that a leader needs to be confident, but that doesn’t mean you need to be confident in every situation right away. You can approach and retreat from situations until your confidence grows, whether we’re talking about confident hacking out your horse or confident presentations to a room full of students. I must take the time it takes so it takes less time. I have learned that both horses and humans can gain confidence from patterns and repetition.

My favorite part of the workshops was listening to student highlights at the end of the day, each of which was filled with laughter, contemplation, excitement, fun and a sense of community. I loved hearing what students had gained from the day. For some it was meeting up with friends; for others it was realizing “It’s not about the…” But whatever the highlight was, it was great to know that I had been part of their Parelli journey, and that every one of the students I met through these workshops has also been part of mine. 🐾



*UK Winter workshop instructors: Sally, Carmen, David, Alison, Lyla, Jody, Terri and Sharon*

# Parelli Team at Windsor Castle

***Receiving an invitation to the FEI European Championships for Dressage and Show Jumping was a wonderful surprise for the Parelli U.K. team. This was the first year in which the dressage and jumping championships were held at the same time and venue, promising attendance by the top professional riders in Europe—in addition to an audience of up to 60,000 spectators—so this invitation was one of the most important we've received so far! Neil Pye and Sue Shoemark worked quickly to devise a plan and build a team that would be able to represent Parelli at this special event.***

by Carmen Zulauf with the help of Maude Valceschini, Francois Moreau and Luce Dutoit

The venue for this year's championship was Windsor Castle, an official residence of the Queen and the largest occupied castle in the world. At over a thousand years old, Windsor is the oldest castle still in use today. In order to reach the stable area we followed a lovely river and passed through a beautiful



arch, all with the castle as an incredible background. You couldn't help but feel special, and I am sure the horses picked up on it. The

setting for our demo was stunning and optimally located to attract the attention of passing spectators. For six days straight we performed two demos daily, each between 45 and 90 minutes long.

When Neil entered the presentation ring for the first time he asked the crowd, "What is Parelli doing here, at an event like this?" He went on to explain what Parelli is and why it is the fastest-growing business in the horse industry. The variety and skill of the horse-and-human partnerships involved in the demos offered Neil abundant options for presentation topics. The horse lovers in the crowd were able to see for themselves what you can do when your horse becomes a part of you, and many professionals and competitors saw how much easier their jobs would be if their horses had Parelli foundations.

It was a pleasure and a privilege to be involved in this event. Neil was an excellent leader for our team, getting everyone relaxed and putting the relationship first so that we could, in turn, put the relationship first for our horses. He focused us on doing simple things well: In this extreme environment, can you pick up all four feet? Can you bring up

your horse's energy and play, and then quiet down and bridle from your knees? Keeping this advice in mind, doing simple things well naturally evolved into showing how more difficult things can be kept simple.

Lyla Cansfield did a fantastic job with the music, helping us all to create magic moments. Highlights included Terry Martinus' lovely Liberty communication with Pumpkin, James Roberts' trailer loading at Liberty from across the arena, and Alison Jones' beautiful FreeStyle simple changes. My own personal highlight was performing FreeStyle flying lead changes along the rail with the song "A Moment Like This" playing in the background; it was truly magic! Thank you, Pat and Linda, for creating a program that allows us to change the world for horses and humans ... change horses can believe in! 🐾

## Comments from the support team:

"I was around the arena to give away handouts and free DVDs; it was a good way to see what people think about Parelli. I heard comments like 'Wow! This is amazing!' and 'How do you get started?' and 'No, thank you, I'm not interested,' but even with this last comment I could see that people were watching. Even if they didn't want the free DVD, they couldn't help but keep observing the Savvy Team."

"It was a good experience to talk to people and see how they actually respond to a demo like this. Some people wanted more DVDs to give to their friends. Some were saying, 'I knew that there was another way to be with horses, and that's it—I found it.' Some people were really moved by the demo and had tears in their eyes. It was great to see them coming to the booth to find out more about Parelli."

# 2010 Courses in Australia

*Take your relationship to the next level. Experience horse savvy in a purpose-built environment with instructors from our Mastery Program.*

In 2010, we unveil a new and important series of courses to open doors for you at every level... from recreational to professional using the central principles of LOVE, LANGUAGE and LEADERSHIP.

## Level 2 BREAKTHRU — 1-12 March

For students wanting to get out of Level 1 'jail'! Get focused on accomplishing Level 2 savvy keys both on the ground and riding. This specially designed course teaches safety and confidence, preparation for riding in arenas and on the trail, and of ultimate importance: how to have more fun with your horse!

## Savvy "FINESSE" — 15-26 March

Moving from Level 3 to 4 requires new understandings in the area of Finesse. Learn what collection is all about and the important new Fluidity breakthrough techniques that teach you how to ride with a better, more engaged posture. Classes involve teaching your horse to collect (at Liberty and when riding), addressing longitudinal, latitudinal and vertical flexion, plus essential lessons in core strength and posture.

## Horse Behavior and YOU — 4-15 October

A ground-skills course designed to catapult your savvy of horses, Horsenality™, rapport, respect, Seven Games, Patterns. This course is hands-down the most popular course Parelli has ever offered as it teaches you the essential skills of reading horse behavior and learning how to adjust your personality to bring out the best in your horse's Horsenality.

In 2010, Horsenality and personality are taken to whole new depth of understanding in how to connect with your horse.

## Confidence TRANSFORMATION — 18-29 October

The Parelli Program is one of the most effective programs for overcoming fear and teaching confidence skills to both horses and humans. We empower you to know how to rate your skill, increase knowledge in three critical areas so you can take charge of your own situation. Our fear makeovers are dramatic and lasting.

Phone 1800 460 988 or +61 2 4630 9677 to find out more and book your course!



# Parelli with Other Animals

## Cat Savvy!

Sofie Svensson, Halmstad, Sweden

I am a happy Parelli student from Sweden. I have two Persian cats, Basse and Bonaly.

I started to use four phases on them when they were up on the table, where they're not allowed to be.

1. "Schwiegemütter look" and shout "Get down!"
2. Point down and say "Get down!" again.
3. Walk toward them, keeping the look.
4. Lightly push them down from the table.



Now I usually just have to look at them and say "Get down!" They now "know what happens before what happens happens." Bonaly is really fascinated with "Liberty and Horse Behavior"—she just sat on the sofa and watched it with me. Thank you for a great program and a wonderful lifestyle.

## Guinea Pig Savvy!

Anouk Bakker, Varssweld, Netherlands

For years I have had guinea pigs. They're lovely creatures but a bit hard to catch. So when I really got savvy during my Level 2 program, I decided this had to change. My darlings weren't afraid of me; they just didn't like being picked up. Just as I would have done with a hard-to-catch horse, I started approaching and retreating. I retreated as soon as they sat still; when they started walking I would approach. Not having a horse's brain, my guinea pigs needed some time to understand the concept. But finally they did! It's amazing how you are able to even communicate with something the size of a guinea pig, thanks to Parelli.



Being impressed with these results, I started approaching and retreating with a family dog that had problems with humans touching her feet. Within a matter of days I could easily pick up her feet and hold them in my hands, when she used to growl at people, including the vet. Amazing!

## Savvy Sheep!

Pat Miller, NSW, Australia

I am not so sure that I can claim to have actually taught another animal the Parelli program, but my daughter and I couldn't help noticing that one of the sheep from the property next to ours started to show savvy! Our horse playground at home is very close to the boundary fence where the next-door neighbors' sheep graze.

We had been playing quite a lot of Touch It with our horses on the two pedestals that we have in the playground this particular week, and we couldn't help but notice that one of



the sheep seemed to be copying what we were doing with our horses. This started to happen regularly, several times a day, so I decided to take photos of this "sheep with Savvy!"

## Bonding with a Sugar Glider

Laura Hebard, North Carolina, U.S.

Not only has Parelli transformed my relationship with my two challenging horses, it has helped me form a strong bond with my sugar glider! I am 13 years old and got Savvy, my sugar glider, for Christmas. She was a loud, uncontrollable, biting, scared baby Right-Brain Extrovert who would need a lot of time and love to be "tamed." After being bitten one time too many, I decided to take a more natural approach to things. After discovering a way to hold her so she couldn't bite me, I basically taught

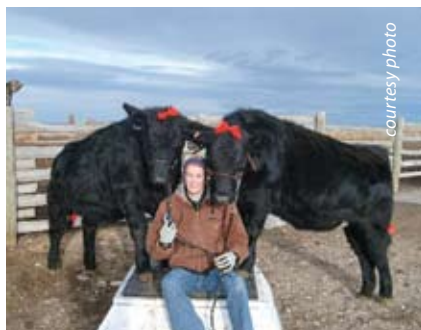


Savvy to respond to pressure. I would hold her in that position until she stopped making noise and wriggling. As soon as she did, I would release her and play the Friendly Game by gently stroking her. Although she didn't learn as quickly as my horses, Savvy slowly picked up the concept, and now she is a calm little sugar glider who rides around on my shoulder and comes to the "gate" of her cage when I come into the room.

### Cow Savvy!

Shelby Beck, Montana, U.S.

I have been using the Parelli program for eight years and have been active in my local 4-H program for six years. I use two of my horses, my dog and my three cows in the program. I loved how much the Parelli program had strengthened my relationship with my horses, so when I needed to halter break my heifers, I turned to none other than Parelli to get that done. I followed all of the methods, from taming my heifers to having them put all four feet on the pedestal. The differences that I discovered are that cows are not nearly as sensitive as horses, and you can get them to do anything if a treat is involved! My heifers, Chubby and Tubby, have learned all Seven Games minus the Sideways Game. Cows are not built the same as horses, and it is very difficult for them to go sideways, so we just skipped that one. And cows were not built to run, so we just walk on the Circling Game.



### Puppy Savvy for Vet Techs, Too!

Barbara Mack, DVM, California, U.S.

I am a veterinarian and a Level 3 Parelli student. A few months ago my puppy, Alasse, was due for blood work. As I grabbed a couple of techs to help restrain her I had an "oh boy" moment: I could do almost anything *alone* with my equine partner. I divided my goal of drawing blood from a front leg into pieces: leg relaxed in my hand, pressure around elbow to hold off vein, needle prick simulation. With my staff watching, I used pressure and release with each component. Within five minutes I had my blood sample with a relaxed Alasse sitting in front of me. That was an "oh boy" moment for my staff! Now we use pressure and release with all of our patients for all procedures. Thank you for the savvy arrows that I needed to reconnect with and help the emotional well-being of my patients!



### Fight Like a Sheep!

Rachel Hahn, Norfolk, U.K.

In order to keep the grazing down, my friend has provided me with a flock of sheep during the summer months. Last year I had the honor of making the acquaintance of 22 tups. A tup is a (young) male sheep, and 22 tups mean mischief times 22. They are basically Left-Brain Extroverts with a huge sense of fun and dominance. I started by spending undemanding time with them. However, they demanded fights! I switched from "think like a horse" to "fight like a sheep" and learned to tackle them from the side, which got them off balance and allowed me to find their itchy spots. As they were curious, it was quite easy to communicate with them. Subsequently they started trusting me, and we had a wonderful time.



### Goat Savvy!

Miranda Norlin, North Carolina, U.S.

My goats are now two years old. I bottle fed them from two weeks until weaning but did not start doing Parelli step by step until they were about six months old. The investment has paid off. Pippin is a Left-Brain Introvert/Extrovert. He enjoys Sideways, Yo-Yo, lying-down-mirror-me, rearing for branches and running down hills. Merry is mainly Right-Brain Introvert, I believe, but he has some Left-Brain tendencies. He is very good at jumping. I think I am definitely improving, because when I hitched up Merry in the cart recently he was calmer than he's ever been. I've also started to drive Pippin with one rein, and he does very well. As I have gone along I have made plenty of mistakes, but I discovered that every Parelli video helps me understand something new, which helps me understand something in the next video, and so on in a chain reaction. Sometimes progress feels slow, but I know it is there, and someday I will have a Level 1 Audition with my goats to prove it.



# The Parelli Professionals Promise

## **Relationship First**

We promise to put our relationship with you, our student, first. And we promise to help you put the relationship with your horse first. Rather than perfecting the task, we will care more about confidence, trust, motivation and willingness . . . as true horsemen do.

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We promise to help you become well-rounded in your savvy both on the ground and riding; to prepare you for success at every level to read your horse, understand his Horsenality™ and develop your savvy skills On Line, at Liberty, in FreeStyle and Finesse.

## **Never-Ending Self-Improvement**

We promise to inspire and support your quest for never-ending self-improvement. The Parelli Pathway and Savvy Club will guide you to success and help you measure your progress every step of the way.



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*Inspiration*  
**FIRST TIME  
FOR EVERYTHING**

Fear is a funny thing. It can be controlling, yet easily ignored. It was a hard thing for me to admit, as I have ridden my horse on lots of trail rides in the past, all without confidence. That's why I got a horse—to go on trail rides—so of course, that's what I thought I should do.

It never even crossed my mind to listen to the butterflies in my stomach. I did it anyway, and I put a lot of pressure on myself.

Working at the Parelli office, I had access to a wonderful playground and facility. I wanted to take full advantage of it and feel included when all my friends were going riding. Thinking back to the times I did ride, I always rode with others who were confident, thinking that would make me confident. Needless to say, it never did.

I very much wanted to be able to ride my horse, especially in these beautiful Colorado mountains. But more than anything, I realized that I what I really wanted was to be confident doing it.

#### **October 2008: A public fear makeover**

When I got the opportunity to have a lesson with Linda for a Savvy Club DVD I really started thinking about my fear. I could not pass up that opportunity, and it was just what I needed to sort of slap myself in the face and say, "What are you doing? Why are you ignoring the signals your body is giving you? Don't you want to ride and not be scared?" I got the wake-up call and the help at the same time.

I'd love to say that I have played with this a lot since we filmed it a year ago, but in reality, I haven't. I have documented some of the sessions I've had with Shadow (my horse), but I'm trying not to put any pressure or deadlines on myself in honor of what I learned that day. I want to be real about it, and now I know that doesn't involve rushing or pushing through it just so I have an amazing update with which to impress you all!



As a side note, I recently had a friend ask me if I wanted to go riding in the mountains with him on a "dude horse" (rental horse, trail horse). I politely declined and tried to explain my confidence-building plan. I'm not sure that he completely understood (most people don't), but it sure felt good to protect my confidence for the first time!

*I politely declined and tried to explain my confidence-building plan. I'm not sure that he completely understood (most people don't), but it sure felt good to protect my confidence for the first time!*

#### **My fear makeover has changed me in other areas of my life.**

I am a lot more confident than I used to be.

I am more aware of my body and what it's telling me. My plan is to just stick with it. Linda has set me up for success, and for the first time I feel it. I *know* it will work.

I can't wait for that day when I can get on my horse and just feel fine, not worried or sick to my stomach, because I trust the process. I am trusting the process, but more important, I learned to trust myself. I learned that I need to respect my feelings and instincts, and then I need to know what to do.

#### **Monday, 2 March 2009**

The snow has melted enough for me to find a log (tree stump) to stand on. Shadow was quite shocked when I brought him up next to the log I was standing on, but I didn't get on him!

It didn't feel good—the butterflies in my stomach definitely came up the moment I stepped up on the log—so I did as I've learned: I retreated when I reached the point where I felt the slightest pressure and went back to playing the Sideways Game along the log—me on one side, Shadow on the other.

I brought Shadow up beside me again. It wasn't too bad, so I kept going and just kept rubbing him instead of asking for something. He enjoyed it, and we both relaxed after about 25 minutes. Yes, 25 minutes. Take the time it takes.

#### **Tuesday, 9 June 2009**

Finally some time to play—not always easy to find.

It started out well with a great catch (albeit at the far end of the pasture), a snack for Shadow and some much-needed grooming. We played around in the playground with some Touch It and Figure 8 Patterns. Then we found ourselves a log



for me to stand on to practice our confidence building. Shadow came right up alongside the log, and I did some rubbing all over. He reached around for cookies—old pattern from when I would “just get on.” Didn’t take too long for him to figure out I wasn’t getting on, and he quite enjoyed the massage. I lay over him and rubbed the other side. Then turned him around to try the other side. Don’t quite have the “sideways towards” going for us yet, so it took a little bit to get him close enough to the log for me to reach him comfortably. Felt pretty good on that side, too, and my nerves were settling down. The other students playing around us faded away from my mind, much as the cameras did on the day we filmed the DVD. I was able just to focus on Shadow’s confidence and mine. I felt good putting all my weight on him and then swung both legs up together. He started to walk off, so I slid off. How interesting...I consciously said that to myself so as to not get frustrated or emotional (it really works!). I lined him back up alongside the log and rubbed on him again. I had to retreat a bit, as I felt myself getting butterflies again. We ended on a good note with me putting all my weight on him again (legs down this time).

#### **Saturday, 18 July 2009**

After my lesson I practiced my confidence building by rubbing on him and lying over his back. He was very still and patient. I think he quite enjoyed the rub (and standing still) after a two-hour play session! He didn’t reach around for cookies straightaway like before . . . I think we have interrupted that pattern. My emotions didn’t come up, and I remained calm the entire time.

#### **Saturday, 8 August 2009**

After my lesson Shadow and I found a quiet place in the playground to hang out. I got up on the log and played around with the Squeeze Game and getting him lined up next to me on the log. We were on a hill, so it was a bit tricky. At first I started with him downhill from me, but I quickly decided that was a bad idea. I didn’t want to go head first falling over him and rolling down the hill! I moved him around to the other side, an opportunity to practice more Sideways and Squeeze Games. It still didn’t feel great, as he was now uphill from me, but we worked it out. My brain was so full of the information that I got from my lesson that it was hard to settle my emotions and body down enough to relax. I just rubbed Shadow all over on

both sides and lay over him once or twice. Lesson learned—next time find a flat spot for the log.

#### **Wednesday, August 26, 2009**

Found a flat spot this time. On and off, on and off, on and off again, about fifteen times in a row. A few times he wanted to move, so I calmly bent him to a stop and got off. The last time I stayed on and just rubbed Shadow all over. I was feeling really good. Shadow’s pasture was only about 100 feet away, so off we went (when I wanted to, not when he did), and I rode my horse without being scared! It was amazing! A day later I am still wondering if it really happened, but I feel really good about it. Shadow did, too, as he was blowing out the entire time we were walking. We were both relaxed and breathing! A friend asked me when was the last time I rode him. I said, “Without being scared? This was the first time.” There is a first time for everything. 🐾



courtesy photos

# Global Community

Reader submissions from around the world

## Finding Phase 4

Shari Jones, Colorado, U.S.

I was first introduced to Parelli Natural Horsemanship three years ago. I liked the attitude of love, language and leadership. The love part was a cinch for me. I've loved horses since before my first ride at five years old. After many months of study and repetition and practice I started to understand the language component of Parelli as well. It was the leadership part that was the real challenge for me.

It took me a couple of years to complete Level 1 because I had to start over three times with three different horses. I don't own my own horse, so I would borrow friends' horses to practice on. As I progressed I took lessons and attended clinics with Parelli professionals. I know I frustrated those who knew more than I with my too-gentle ways with horses. I was under the mistaken belief that I was to be the horse's friend rather than his leader. I was chided for not upping my phases fast enough and, worst of all, having an ineffective Phase 4. The bottom line was that I didn't want to hit the horse with the Carrot Stick™. Once I did an exercise in which I flogged myself with the Carrot Stick™ and found that it didn't hurt. It was just annoying. This was the beginning of my change in attitude.

But no matter how much everyone explained to me the importance of a strong Phase 4, I would agree in theory but not in practice. My best teacher was a horse that I had no business being around. The horse had previously broken his owner's arm with a well-placed kick to her elbow, and she had trouble leading him with just one good arm. I decided to be the hero and offered to halter him and lead him from his pen to the arena so he could be turned loose for some exercise. Certainly no one wanted to ride him.



courtesy photo

As we neared the arena something scared the horse, and he turned and faced me. I had my tools, my Carrot Stick™ and my 12-foot Line, but for some reason the

only strategy I could think of at that moment was to play the Porcupine Game on his chest using my hand. If I had followed

up with my Carrot Stick™ to drive him away using a strong Phase 4, the incident might have turned out differently. In a flash the horse ran over me, knocking me down on the ground. I ended up with some nasty bruises, a sprained foot and a wounded ego. I was lucky.

They say when the student is ready the teacher appears. My teacher appeared in the form of a scared 1,000-pound out-of-control horse. From that moment forward my Phase 4 developed into what it should be—instantaneous and effective. I've had a couple of minor incidents since then when a horse started to move into my space. My reaction was swift and effective. Never again will I allow a horse to run into me, let alone run over me. I understand now what that part of leadership is all about, and I now have the savvy to be properly and properly prepared.

## A great foundation is like a great cake!

Marianne Gotfredsen, Denmark

I recently graduated Level 3 through the new Auditions. While waiting for the actual green string to arrive I decided to celebrate by baking a cake and bringing it to this summer's Parelli course in Denmark with Parelli Professional Wally Gegendatz. It was very well received, so I thought I would share some pictures. The cake inside is chocolate cake layered with one layer of chocolate ganache (thick mousse) and one layer of blackberry mousse.



courtesy photo

## You don't have to feel lonely anymore

Caroline Neuner, Austria

I have a four-year-old mare, Sunny, and we're playing in Level 2. It's such a great feeling when Sunny comes to meet me at the gate and looks at me as if she wants to say, "Hi, nice to see you again. What are we going to do today?"

It's amazing to see how the Parelli program has changed my attitude about horses and the effect it has on my friends. Sud-

denly they're interested in what I'm doing with my horse, and they've started to follow the program! Because of that we were able to organize the first Parelli friends meeting here in Tyrol.

I've changed a lot in the last year. I'm much more positive about my life, and now troubles are more like great challenges. This also helps me in my everyday life!

I've learned that you have to be active if you'd like to get something! You don't have to feel lonely in Europe as a Parelli student—just try to find some others or some who are interested in it. Try to arrange a clinic if there are none in your neighborhood. The Parelli Instructors will support you! Soon you will see you're not alone out there!

The subtitles of the monthly DVDs and the Patterns create a great opportunity for those who don't speak English. Some of my friends had big troubles without them, but now it's possible for all of them to study the DVD program! I'm also very enthusiastic about the Horsenality™ stuff—it makes everything easy, because you know what to do with different kinds of horses! I wish that everyone would get to know the Parelli program in order to improve the relationships with their horses!



### A view from the other side

Paul Matthews, U.K.

Another Frightening Moment

Let me see, let me hear,

Let me strain on all my senses.

Let me smell, let me peer,

As I parade my brave pretenses.

Let me think and move my feet,

Let me stare from every angle.

I shall snort my disapproval

While my muddled thoughts untangle.

Let me check the shifty movement,

With at least one ear laid back;

Let me hold my nerve for one more moment,

Even though I sense it could attack.

But now it seems a little less forbidding,

And I feel the tension in my body start to ease,

As with quiet satisfaction I find I have decoded

That disconcerting combination

Of plastic bag and breeze.

### Even husbands can be addicted to horses

Kevin Glenister, Ontario, Canada

Over the last ten years my wife and I have sold horse hay to many horse owners in the area. From this I have noticed a common theme: For the most part, females (wives) are the ones involved in horses, and their male partners (husbands) are usually in charge of picking up the hay, driving the truck and trailer, watching and supporting their female partners and daughters when they attend anything horsey. The odd one even complains about those horses! I know this is hard to believe for some of you females! How could anyone not love horses?

In the spring of 2005, as a 42-year-old non-horse-riding enthusiast, I attended my first Parelli clinic in Winnipeg, Manitoba, to watch my wife. Not knowing what Parelli was about, I did what all good horse husbands do—helped out and didn't complain! After a couple days of watching the clinic I was amazed at what could be done with horses in such a short period of time. This was unlike any horse show I had ever had to endure; it was actually fun to watch! To me this method made sense, as it was a step-by-step program that allowed someone like me with limited horse and riding experience to gain confidence around a horse. I suggested to my wife that maybe I should get a horse, and she laughed! Determined to prove to her that it was not just a phase, I began using her horse to achieve Level 1. Realizing that sharing her horse was not an option, we began looking for a horse I could call my own.

After trying out a few horses I purchased Roxy, a three-year-old mare that had been started using natural horsemanship methods. I'm currently playing in Level 2 with Roxy and having a blast! I told my wife the other day that I didn't think I could ever love an animal, let alone a horse! Parelli has given me the confidence to have fun with horses while being safe at the same time. Once you experience a horse that does something for you because you *asked* him



to and not because you *made* him, all you want to do is learn more and more. Natural horsemanship is like a drug that you cannot get enough of. Trust me, husbands can become addicted to horses, too! We just need something simple to follow!

# The Zen of Zettl

by Nita Jo Rush, 3-Star instructor and Level 4 graduate

*Would you jump at the opportunity to learn from Walter Zettl? Would you drive 1,100 miles to take two 45-minute lessons during a dressage clinic? You would if you thought it might be your only time to benefit directly from this master's wisdom.*



I had watched Walter teach Linda several times at the Parelli Center and had been intrigued with the idea of taking a clinic with him. I wondered what it would be like and whether I was even ready to learn from him. Then Pat rode my Swedish Warmblood mare, Malin, at a tour event in North Carolina in 2008 and said she and I might benefit from Walter's tutelage. Now my intrigue turned into hunger. If Pat thought it was a good idea, I was going to do it. Last summer I found a clinic in Canada and decided to go. Only after I was committed did I look at a map and realize that, while Minnesota does border Canada, this clinic site was over a thousand miles away.

Nonetheless, last October I drove from Minnesota to Peterborough, Ontario, to Eddo Hoekstra's place. The weather was beautiful, and the trip went smoothly. Taking a horse across

the border into Canada and through Toronto's rush-hour traffic proved a little daunting, but we made it without serious incident. Eddo's hospitality was wonderful. (Eddo is one of Walter's top students, and watching him ride was a delight!)

My lessons were in the morning, and I watched Walter teach the other students after my rides. There is no doubt—taking official dressage lessons in a dressage ring with an expert took me way out of my comfort zone! I definitely have renewed empathy for my students' emotional fitness challenges! Never have I had a lesson that called on me to ride with that kind of precision and detail. I quickly discovered, for example, that my version of a 20-meter circle was not the same as Walter's! Or he would ask me to adjust my left shoulder or tip Malin's nose slightly, and everything would change. Just riding in front of

dressage students whom I imagined to be quite advanced took me out of my comfort zone. What would they think?

Everyone was very kind, and I really had nothing to fear. It helped the first morning when the first rider's horse took her over the dressage rail and straight to the barn! I felt for the young woman riding this "runaway" but also couldn't help but grin a little. It reminded me of all my misadventures as a beginning Parelli student years ago, and of my own students' challenges. I immediately relaxed—a little.

*During my first lesson Walter kept saying, "Keep the contact, keep the contact." I couldn't figure out how I was losing it—or even when I was! The camera told the story in living color.*

I learned many things: the functions of the outside rein, for example, which I want to understand better. I learned about quarter lines and 10- and 20-meter circles. I discovered some holes in my basic communication with Malin and her impulsion under saddle. We could canter on cue from a walk or from a slow, sitting trot but not from a rising trot. Oops! I also learned a lot from the video of my lessons. A couple of Canadian Parelli students audited the first day and ran my camera for me. It was revealing to watch. During my first lesson Walter kept saying, "Keep the contact, keep the contact." I couldn't figure out how I was losing it—or even *when* I was! The camera told the story in living color. Seeing it helped me do better the next day. Everyone loves to hear that the instructor likes one's horse—and Walter loved Malin! I was thrilled by that and humbled by how much I have to learn.

Another especially vivid impression from the two days was of the Zen-like way Walter rode each horse through the rider. Previously, I had only seen him coach Linda and Pat. Watching him coach average riders on average horses was another thing. I was amazed at the transformations the riders achieved in the horses through Walter's patient, persistent, detailed coaching. Many horses came into the ring with hollow backs, noses in the air, peg-legged. By the end of the lesson they were round, flowing, trotting on the bit with rhythm and relaxation. Wow!

When I left Ontario I went to Athens, Ohio, where I taught a Level 3 clinic. I had a few days to relax

and ride before it started, and with Walter's words and lessons fresh in mind, Malin and I got some of the best, softest rides ever. It was intoxicating! With the passage of time and being busy with many other things it's been difficult to recapture those hints of silky, elegant movement, but at least I can remember the feeling. I can still hear Walter's voice ("good soft, good soft") in my ear when I ride her, and that helps somehow.

Pat and Linda's work with Walter Zettl is important to all of us. As a student and Parelli Professional, I appreciate the learning, growth and opportunities their research is bringing to us all. Personally, I really, really want to figure out (mind, body and soul) this dressage thing! I wouldn't have a shot at that without all my teachers—Pat and Linda, Karen Rohlf, Craig Johnson and my fellow Parelli Professionals—and without the wisdom of Walter Zettl. 🐾



# The Art of the Dance

by Christine Massinger

***Are you preparing for an Audition or Savvy Spotlight and wondering how to add creativity to your performance? Are you looking for something new and exciting to do with your horse? Are you willing to continue your path to never-ending self-improvement? If you answered yes to any of these questions, then it is time to learn more about the Equus Project and its artistic director, JoAnna Mendl Shaw.***

JoAnna Mendl Shaw is a powerhouse of a woman. Although she stands only about five feet tall, the energy that surrounds her makes her seem much larger. As a child she knew she would grow up to be a dancer. What she did not know was that her talent for teaching would allow her to become a respected choreographer, and that her passion for movement would ultimately lead her to choreographing dances for horses and humans.

In Shaw's professional career she has taught on the faculty of NYU/Tisch School of the Arts, Princeton University, Montclair State, Mount Holyoke College and the University of Washington. Most notably, since 2002 she has taught on the faculty at The Juilliard School and in the Alvin Ailey BFA dance program. It was in 1997, as a guest artist at Mount Holyoke College, that the notion of combining dance with horses began. Shaw saw the potential to blend the equestrian program with her love of dance. This engendered her first horse and human dance collaboration. Enchanted by the grace and athleticism of horses, and fascinated by the way a dancer could connect with a horse and gain his curiosity, Shaw was inspired to deepen her understanding of horses and eventually create a company of professional dancers who would be trained in equine skills. Thus she formed the Equus Project, a contemporary modern dance company that partners horses with professional dancers.

It was David Lichman, a 5-Star Parelli Professional, who introduced Shaw to Parelli in 2002. Shaw had been creating performance works for horses and dancers with dressage riders. Learning about natural horsemanship presented her with a new way of relating to horses. After attending several Parelli clinics, she knew she wanted her dancers to become Parelli-savvy. She understood that she was observing a profound connection between horse and human.

Shaw particularly enjoys working with Parelli students. She finds that they have relationships with their horses that are built on trust. Shaw observes that Parelli horses are adaptable and enjoy having dancers move with them. Thus the dancers can actually become part of the partnership. Dancing in tandem with a Parelli rider and horse makes for a fluid trio.

Shaw observes that the relationship between a Parelli student and his or her horse seems much like the relationship between a horse and its mother. As a choreographer, Shaw knows that this bond is crucial to the performance. "If you watch a foal with its mother, what is interesting is that you will see the mother teaching the baby to be a functional member of the herd by responding to cues through touch and spatial pressure." In creating choreography with a horse, Shaw sees the relationship as the foundation. Once we have the horse's trust, curiosity and attention, the choreography can be built around that relationship.

***When we are in memory time, she explains, we are too busy thinking of the next move to completely appreciate what is happening in the moment.***

For many of us who are trying to learn how to create a musical performance or audition with our horses and don't know where to begin, Shaw and her dancers teach a clinic in Choreography and Creativity. I recently had the privilege of participating in this clinic in Ocala, Florida. Numerous Parelli students and even a couple members of the Parelli faculty participated. During the clinic Shaw shared her advice as to how to create choreography with your horse.

Shaw began the clinic by emphasizing that choreography is a consummately individual process. There is no right or wrong way to do it. Her objective in the clinic was to present choreographic tools, ideas for structuring a performance piece and advice for performing.

Shaw suggests beginning the choreographic process by experimenting with movement that your horse might never have seen before. Intentionally dropping a Carrot Stick™, blowing lightly in the horse's nose or unexpectedly crawling on the ground—these are playful actions that might surprise our horses and pique their interest. Our next job as choreographers is to notice the horse's reaction to those moments, be aware of what we did to create that level of interest and be able to duplicate that surprising, playful activity without its seeming stale or

rehearsed. Develop the choreography around those moments of surprise and playfulness. Combine those ideas with things your horse knows well, like the Seven Games or Patterns.

Creating choreography with horses requires a lot of mental agility. We must allow ourselves to be flexible in the event that a choreographic sequence takes a new direction. Give yourself permission to change things in the performance based on your horse's reactions and initiatives. Shaw encourages us when we are creating choreographic ideas, and especially when performing, to be with our horses in "real time" rather than "memory time." When we are in memory time, she explains, we are too busy thinking of the next move to completely appreciate what is happening in the moment. By being present in the moment we are more likely to keep our horse interested in us and more able to maintain a strong connection.

Shaw suggests that we consider using music without lyrics. "Lyrics can limit what the audience takes away from the experience," she says. Shaw suggests we work with short pieces of music, perhaps three minutes long. Make the most of a short amount of time, she says. When searching for music, try ten or twelve songs and play with different variations of your routine until you find music that works for you and your horse.



Finally, Shaw emphasizes that the dance is not about us. It is about the horse. After all, when we approach the dance in this way, the performance is much more challenging and beautiful than it would be if we just memorized a sequence of tasks.

For more information on the Equus Project and its artistic director, JoAnna Mendl Shaw, or to find out how to participate in a Choreography Clinic, please visit [www.dancingwithhorses.org](http://www.dancingwithhorses.org). 🐾

## The actual sounds made by a newborn baby is about survival needs



...and is expressive of the mitochondrial states. Babies convey 5 such sounds (and more) about...

1. Sleep;
2. Body temperature (wet/hot-cold);
3. Hunger/thirst;
4. Digestion: upper gas; and,
5. Digestion: lower gas.

Even newborns can convey an awareness of what is happening in their bodies. Actually, babies give up trying to communicate because most do not listen to what they are saying.

*"I felt so much more confident that I could meet his needs when he was communicating them to me. It empowers you to be the best parent you can be." —Catherine McNeil, mother of Asher – 5 weeks.*

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# The Little Riding Center That Could

by Patricia Biernbaum, RN, BSN

*"I think I can, I think I can, I think I can," the little engine said as he climbed the steep hill" is a line in a favorite childhood book of my sons, Jake and Luke. It comes from The Little Engine That Could by Watty Piper. Jake and Luke would have me read that page of the book over and over again, huffing and puffing to imitate the little engine climbing that big hill.*

I really wondered if they thought the ending of the book might change. My children's favorite book captures the story of our journey at the Beekman Therapeutic Riding Center, located in Lansing, Michigan. We are the Little Riding Center That Could!

Eighteen months ago we decided to change the structure of our therapeutic riding center from a traditional approach with horses and students to a teaching approach using Parelli Natural Horsemanship. We believed that adopting natural horsemanship was in the best interest of our herd (14 horses and ponies) and our participants (80 students weekly). Unfortunately, not everyone agreed with this goal. When it was decided that we would actually implement the plan the teaching staff resigned, and the center was left with the manager as the only paid employee. Despite this setback, the manager, along with a handful of dedicated volunteers—including me—stayed focused on our goal and moved forward with the transition. We developed a new mission statement to reflect the new direction we were taking: "The Beekman Therapeutic Riding Center allows people of all abilities to partner with horses using the techniques of natural horsemanship to strengthen the body and the human spirit in a safe environment."

After putting our new mission statement in place, we moved forward in our journey toward natural horsemanship and disposed of every webbed halter and chain-wielding lead rope on the property. We replaced them with rope halters and 12-foot Lines obtained mostly from our own personal stashes and a couple that were donated. Once we had some equipment to work with, we began playing with our horses. Each instructor played with the horses, moving through the Seven Games and Level 1. (All of our instructors are Parelli Natural Horsemanship students, ranging from Level 1 to Level 3.)

We were very excited to see that taking the time it takes to do it right actually took us less time than expected. Our horses began initiating contact with us in the pasture, looking for scratches and belly rubs, meeting us at the gate, saying, "Pick

me, pick me!" In the past, instructors had to "chase, corner and catch" the horses. (On many occasions instructors would have to abandon the horses they really wanted to use for a lesson and settle for the ones they could catch.) Our horses and ponies began to ask us questions and offered to do tasks. "Did you want me to put my nose on this? Did you want me to step on that cone? Can I please chase that ball?" We actually saw play drive come up in horses not known for playing. We also witnessed less nibbling and biting of our human horse leaders. The change occurred, we believe, because the horses were not bored anymore and because leading horses by the lead rope clip was discontinued. Our equine partners seemed to be stunned at having the use of their heads and being permitted to voice their opinions. We noticed that they began looking up at the leader and occasionally back at the rider. Our "girthy" and "please don't tie me" horses became less girthy, and the need to tie has almost become obsolete, since most of the horses follow us around at Liberty in our arena. If we do tie, the horses are now usually ground tied. Currently we use breaks between lessons to play with our horses or just put them in a stall with some fresh hay and someone scratching or brushing them. Instructors, along with our savviest of volunteers, also give their time outside of class to play with the herd to keep everyone's savvy nurtured and growing.

***Savvy, feel and timing are required of everyone involved in this venture (students, instructors, volunteers and especially our equine partners) to make it work.***

Once the horses were on their natural horsemanship journey, we turned our attention to the volunteers. Volunteers are a key component of our team approach with our students. Volunteer horse leaders and side walkers assist the instructor in supplementing what our students have difficulty in accomplishing independently because of their physical, emotional and/or



psychological challenges. Beekman offered our key volunteers classes to help them gain confidence in using Parelli Natural Horsemanship techniques and becoming more knowledgeable about its philosophy. We also pooled and shared all of our Savvy Club DVDs, Levels programs and other Parelli educational materials.

Changing our students over to natural horsemanship techniques and concepts was actually the easiest piece of our new puzzle. As the new equipment was introduced we also introduced a new way to turn, stop and back the horse using the new savvy approach. Once we mounted and got our students settled in, we prepared them for their ride, beginning with lateral flexion, and then reviewed how to ask the horse to “walk on,” “whoa,” “turn” and “back up.” We described and demonstrated with our students what a “soft feel” looks and feels like. The range of our students’ abilities can vary greatly. For example, “walk on” can look like anything from “activate your seat and squeeze down your legs” to “push the button.” “Push the button” is used with our children who have minimal communication abilities. The student pushes his or her fingers or hand down on the horse’s “sweet spot,” located on the neck, to “walk on.” The leader or side walker then uses the Porcupine or Driving Game to move the horse forward.

In therapeutic riding we must be creative in assisting our students in their horsemanship. We do our best to help our students get close to the savvy way to interact with their horses, but some type of modification is usually necessary. Savvy, feel and timing are required of everyone involved in this venture (students, instructors, volunteers and especially our equine partners) to make it work. For example, one of our students has a muscle weakness issue that encompasses her whole body. She requires an instructor, horse leader and two side walkers to develop her horsemanship. The student is able to push herself up to sit using a handle that is mounted on the horse, but she requires two side walkers to support her. At this time she cannot hold reins in her hands, but she is able to let go of her handle with one hand and point in the direction she wants to go while also turning her head, shoulders and belly button. The instructor must then cue the leader to either drive or porcupine her pony in the appropriate direction to support the turn. To back her horse she is able to look up, lean back



courtesy/photos



with assistance, flex her feet and say “Back.” The side walkers wiggle her feet for her, and the leader supports the backing using the Porcupine Game in Zone 1.

The students’ time with their horses also changed to a balance between developing a relationship with their equine partners and working on riding techniques (balance, strength, flexibility, physical coordination). Although the act of riding helps our students with obvious physical benefits, developing a partnership and fostering a relationship with their horses helps our students emotionally and psychologically as well. Each student is paired with a horse that he or she rides each lesson, offering the opportunity with each contact to develop a relationship. Beginning with a horseman’s handshake in greeting the horse, we also take time during the lesson to scratch, hug, rub and tell the horse “Thank you for the ride.” Sometimes we stop, breathe, smile and just do nothing (riding or on the ground). We also encourage the students to visit their equine partners outside of their lesson time. It is not unusual to see an entire classroom visiting our herd during the school day, sharing carrots and apples.

Fostering a relationship with a horse has helped our students grow in developing and practicing patience, understanding, sharing, empathy, trust, love and communication skills. The teachers at the Beekman School, attended by most of our child and adult students, tell us that their students are calmer, relaxed and more focused, have longer attention spans and more positive attitudes and are in a better frame of mind for learning when they return from the barn. We believe these results are related to our focus on developing our students’ horsemanship vs. just riding.

Seeing all the amazing transformations happening at Beekman since we changed our teaching methods to using natural horsemanship has made the difficulties we have experienced on our journey seem not so difficult. Yes, we stumbled, fell and heard comments from nay-sayers, but we got back up, brushed ourselves off and kept right on going. In my own life’s

journey I have found that change is difficult for most people, even welcome change. We at Beekman decided to change in a positive way to ensure our continued health and survival. Our horses, students, volunteers, new staff and community are actually healthier now in mind, body and especially spirit. Adopting the motto of “Good, better, best, never let it rest” will always require change. We will continue to strive for excellence in ourselves, our horses, our students and our community. The journey for our center has really only just begun, and we are excited to experience all we can along the way. We really are the little riding center that could. We know we can, we know we can. *We’re doing it!* 🐾

*For more information, visit our website at [www.beekmanriding.org](http://www.beekmanriding.org).*



courtesy photo



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Pat Parelli – Parelli Natural Horsemanship, Pagosa Springs, CO - 110' w x 160' l  
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# Member Profiles

*Member profiles will highlight a handful of Savvy Club members each month, allowing them to share their stories with the Parelli Community. If you would like your profile to appear in Savvy Times, email your responses to the following questions and a picture of yourself and your horse to [savvytimes@parelli.com](mailto:savvytimes@parelli.com).*

## Sarah Watt

*Bonar Bridge, Sutherland, Scotland*

### How did you find Parelli?

My friend was going to the Savvy Conference in Birmingham in August and had told me I should come. I hadn't heard of Parelli before, so she sat me in front of a Parelli DVD, and my jaw hit the floor when I saw Pat galloping a horse into a moving trailer. I went along and was completely blown away. The weekend started with me being just a little curious, and I left with a full kit.



### How long have you been playing with your horse?

I started playing with my horse in March 2008 after we had 3-Star Parelli Professional, Alison Jones, come up to do a Level 1 course with us.

### Describe the horse in your life.

My horse, Sandy, is a Left-Brain Introvert, eight-year-old Haflinger gelding. He has been very challenging, as he was a stallion until he was rising six. When we started Parelli, I had an overly dominant horse who would easily run over the top of me and was a challenge to ride. We have both come far in our five months of playing with Parelli, and our relationship continues to grow each and every day.

### What level are you playing in?

I passed my Level 1 earlier this year. I am currently playing at Level 2 and am almost ready to submit my Auditions and hopefully continue to advance through to Level 3.

### What are your horse dreams/goals?

My dream with my horse is to have the expertise to give him all that he deserves and to enjoy every minute I have with him. I would love to be a Parelli Professional and help others in the way Parelli Professionals have helped me to discover the true meaning of horsemanship.

### What has your horse taught you?

He has taught me to be patient with him and not to take things so seriously. He has shown me that being a natural horsewoman is not an unreachable goal.

### Tell us about the best moment with your horse.

There have been so many great moments with my horse in the past few months that picking one is very difficult! I suppose the best one was when I went to catch him one day. I called to him from the road, and he whinnied and galloped to the gate to wait for me. This really felt like a partnership for the first time, and we haven't looked back.

## Spend the Thyme Farm

*Belvidere, Illinois, U.S.*

### How did you find Parelli?

We started watching Parelli on RFD-TV, and we fell in love with the program. A tour stop was close by, so we attended it and bought the program DVDs.

### How long have you been playing with your horses?

Our family bought our first horse in April 2007, and since then we have acquired one every year. Now we have three, and they are so special to us!

### Describe the horses in your life.

Eddie is a Left-Brain Extrovert/Introvert breeding stock paint, and he is the herd leader. Scout is a Right-Brain/Left-Brain Introvert pony, and Diesel is a Left-Brain Introvert miniature hinny-mule.

**What level are you playing in?**

One member of our family is in each Level! Lea is in Level 3/4, Allison is in Level 2, Marianne is in Level 1 and Scott is learning the Seven Games.

**What are your horse dreams/goals?**

Marianne hopes that she can pass her Level 1 with Diesel and bring out his enthusiasm to play. Lea hopes to become a Parelli Professional and teach others about the program.



courtesy photo

**What has your horse taught you?**

Our horses have taught us so much—how to put the relationship first, how to care for a rescue and how to do things the natural way. Our lives have changed because of our herd!

**Tell us about the best moment with your horse.**

Lea’s best moment with Eddie was when she cantered for the first time. Marianne’s best moment was when she brought Diesel home after the rescue. Allison’s best moment was when she could finally transform her pony’s Right-Brain Introvert obedient nature into Left-Brain Extrovert playfulness.

**Vicki Kenny**

*Woodhill, Auckland, New Zealand*

**How did you find Parelli?**

I was watching some Cover-All testimonial videos and came across Pat and Linda’s. I could see horses being ridden and played with in the background and said, “That’s what I want with my horse!” I had been searching for two years for the right training method for myself and my horse. It took me about a week to order my Level 1 pack, two years ago now, and I have not looked back!

**How long have you been playing with your horse?**

Two years ago I started Level 1, but I have had my horse for four years now.

**Describe the horse in your life.**

Garbo is a Swedish Warmblood, 11 years young. He is a gelding, although he was a serving stallion till he was five. He is a Left-Brain Introvert, but he can be unconfident with new things and dominant a lot of the time, so I need to be on my toes. But we like to call him a golden Labrador, as he really is a people horse.

**What level are you playing in?**

We passed Level 2 in April 2009, so we are working our way through Level 3. I only started riding in 2004, so the riding part has been challenging for me, but at the same time Parelli has helped my riding a lot. I am now more balanced and much more confident.

**What are your horse dreams/goals?**

I like to have fun with my horse and enjoy myself. If it’s not fun, I don’t put myself through it. Pre-Parelli I was going to shows because it was what everyone else did, but I was so nervous about what Garbo would do that I hated every minute. Now I love everything we do together. I haven’t been back to a show or competition, but when he is ready, we will go, if for no other reason than to show everyone that riding without contact can actually lead to Finesse.



courtesy photo

**What has your horse taught you?**

To laugh! I laugh all the time now with him, but before Parelli I used to get either frustrated or upset. He is clever, and this program really brings out the horse within.

**Tell us about the best moment with your horse.**

Hard to choose just one, but I’ll take the day I went trail riding with my horse for the first time since starting Parelli, in a hackamore, with everyone else wonder how I could ride with no bit. My horse was an absolute angel, calm, relaxed and easy to stop whenever I wanted. Thanks, Pat and Linda—you have changed my (and my horse’s) life.

# The Makeover of Dennis

*Dennis was born in Ireland and was brought over to England six years ago, in 2003. He was taken to a hunt yard near Banbury, Oxfordshire. While he was there he was ridden and was found to be quite unpredictable, the result being that he was put in a field for a year or so. This was when Andy Castle came into Dennis' life.*

by Jody Ruysen and Rob McAuliffe



courtesy photo

Andy liked the look of Dennis and found that he might be a relation of Toy Town, a successful event horse. Andy took Dennis and had him placed at Clive Hetherington's yard. While at Clive's yard Dennis was ridden by a professional, and his tendency was to overreact when pressure was applied to him during his training. He also developed a habit of taking off and depositing his rider in the corner of the arena.

In the stable he would always hide at the back and be scared, tight, tense and high-headed. If he was out in a paddock, he'd be friendly enough, although very skeptical. Andy decided that the best way forward for Dennis would be to find an event rider to take him on to give him a better future; they turned

him down. Andy wanted the best for Dennis and took steps to ensure that his future would be a bright one. Being at Clive's yard was Dennis' saving grace, as Clive was in touch with Neil Pye and Sue Shoemark, Directors of the Parelli UK office. Clive had an understanding of what the Parelli program has to offer for a horse such as Dennis and what it would mean for him so he approached Sue to find a solution for Dennis, someone to take him on and develop the relationship that he needed so that he could develop into a great partner. Neil went to meet Dennis and played with him to get a feel for what he had going on. It was then decided that Dennis would be featured with Pat Parelli for a makeover at the NEC for the Savvy Conference in 2008.

### Big Debut

Dennis was brought to the NEC by Andy, with the understanding that Pat would play with Dennis during the show. What a debut for Dennis! Andy brought him into the arena with 5,000 human predators watching. He was wide-eyed and couldn't keep his feet still; he was tight, tense and very scared. Pat asked Andy to do a few things in the arena with Dennis, such as take him over a tarp, put the green ball on his back and have him jump the barrels, which did not go well. Pat then took Dennis and played with him for us all to learn, and the horse gradually started to understand the communication and leadership that Pat had to offer him. The future for a challenging horse like this is rarely bright, so Pat offered to help. After the show Dennis went to the U.K. Parelli Centre at Stoneleigh Park to be a part of the herd and to progress in his journey.

*The Parelli Patterns have created the consistency for him, and as he's progressed he has been able to develop confidence in all gaits.*

### It's now nearly a year since Parelli started to work with Dennis. Has his development progressed as you would have hoped?

Yes, Dennis has progressed as well as we had hoped in the past year, and due to his Horsenality™ (Right-Brain Extrovert) and the fact that it's not Pat who is playing with him, the process has been positive but slow. Pat says that we can set the principles and our goals, but our horses will be in charge of the time line.

### How has the ridden work progressed?

The ridden work has progressed well. An experienced horse specialist (Rob McAuliffe) from Pat's program has ridden Dennis, which has given him a consistent positive experience when ridden. On a scale of one to ten, his challenge with confidence under saddle is rated at about 2 out of 10. He requires a rider who is skilled so that he can build as much confidence with someone on his back as when he's being played with on the ground. He's had plenty of baggage to overcome.

### What ridden work/training methods have worked best for Dennis and his Horsenality™?

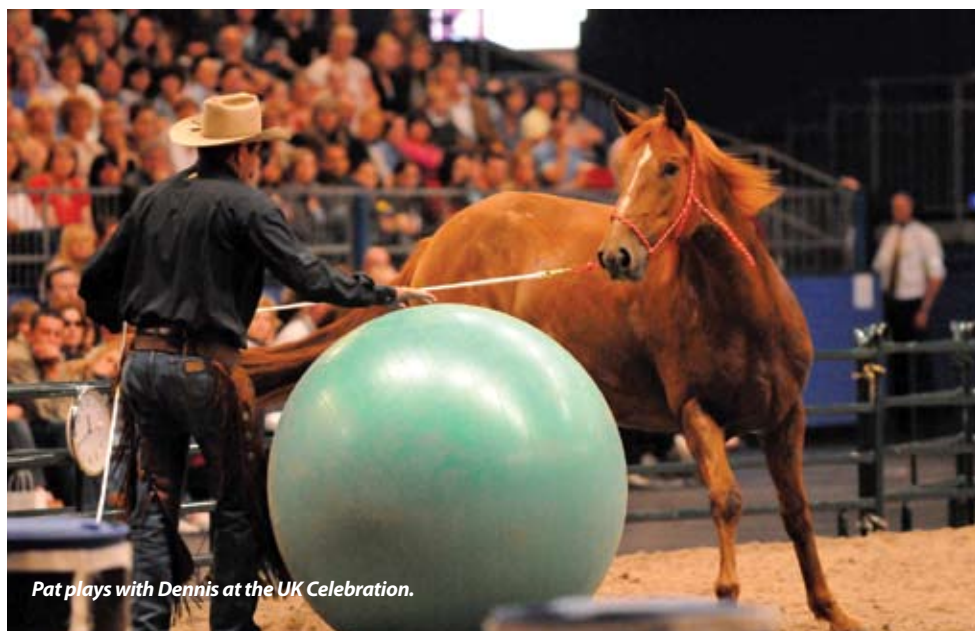
The Parelli Patterns have been an instrumental part of his program, along with consistency and prior and proper preparation. The Parelli Patterns have created the consistency for him, and as he's progressed he has been able to develop confidence in all gaits. Dennis has also developed through the Patterns to where he can be ridden in larger, more open areas.

### In terms of ridden work, was there any particular day when you felt there was a major breakthrough or a particular game that really helped?

The game that has helped Dennis is the Friendly Game, particularly above Zone 3 (where you sit on his back or on a fence above him), played at a standstill and in motion. The Friendly Game is also known as the confidence game, and for Dennis it has been very much about building his confidence. All Seven Games of the Parelli program are played, and all are important, so that Dennis and his human have communication to develop a relationship and the human is able to offer leadership to him. To create consistency for Dennis when he was ridden, he was taught the pattern of Follow the Rail. This started out in a small area and has progressed to larger areas as Dennis' confidence in his human and his environment grows.

### How do you see the next 12 months in his development?

Over the past 12 months Dennis has been re-introduced to a herd and to new environments and has been increasing his acceptance of the human in three of the Four Savvys—



*Pat plays with Dennis at the UK Celebration.*

*Parelli Professionals Rob McAuliffe and James Roberts (riding) collaborate with Dennis.*



*courtesy photo*

On Line, Liberty and FreeStyle. In the next 12 months (1,000 hours) we will continue building on his foundation and developing it to Level 3/4. To facilitate this progression Dennis will move to a new home with Parelli Professional James Roberts, who is one of Pat's Horse Development Specialists in the U.K. He will be with James as a project horse with no set time lines for his results. As Pat says, "Take the time it takes so it takes less time."

**What would be the ultimate goal for Dennis?**

The ultimate goal for Dennis would be to have an understanding of his responsibilities as one half of the horse-human partnership. In the Parelli program, horses and humans have mutual responsibilities of a partnership, principle #4 of the Eight Principles. The horse's responsibilities are: 1) Act like a partner, not a prey animal; 2) Maintain gait; 3) Maintain direction; and 4) Look where you're going. For Dennis, acting like a partner will be challenging because of his innately fearful characteristics. Another goal is to get him to Level 3/4 with confidence so he can appear in front of a crowd. This would show how imperative a solid foundation is for Dennis and what can be achieved when prior and proper preparation is put into place. 🐾



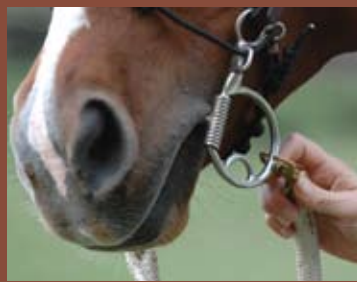
*courtesy photo*



*It was really the missing piece for us.*

The Cradle Bridle is revolutionary. I bought one for Maggie, my willful Left-Brain Introvert Swedish Warmblood mare, but was very hesitant about using it. I was afraid that she might just rip it off and stomp it on the ground or something. Anyway, when I began to put it on she immediately jerked her head up, but I got it on her after a little approach and retreat. When she finally took it in her mouth she immediately relaxed and dropped her head to my knees, and I easily put the headpiece over her ears (a first). To be honest, I haven't used the snaffle on her in over a year because she was so awful in it. I played with her on the ground in the Cradle, and she was completely relaxed and accepting of it. Ordinarily, when I get on her she turns to the right and looks at me as if she is sticking her tongue out at me, and sometimes she acts as though she is going to bite. She didn't do that at all this time. Her head was dropped, and she was relaxed.

I rode her in it, and she was amazing. Two of my students were there and saw me ask her up into the canter, and I thought that she was getting ready to buck the whole time, but she was actually just very round and collected (I have never felt that much collection before). I have been working a lot on collection On Line, at Liberty and while riding but never had that much success riding her. It was really the missing piece for us. I thought she was pretty powerful before, but wow! She even offered a passage while I was riding her. When I took the saddle off I noticed that her sweat pattern was completely even, whereas before she typically had a little dry spot on her left shoulder. I think that was because she was not completely using herself, and the bridle has allowed her to do that by helping her collect herself that bit more. All of my students are really excited about the Cradle as well. I had a student try it in her lesson yesterday, and her crabby Left-Brain horse was completely different—soft and forward, no resistance. —Kelly



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**Small Rings** reduce the direct contact of the bit and engage the noseband more.

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For more information, visit [www.parelli.com](http://www.parelli.com)

*Cradle Bridle*

# The Parelli Center

United Kingdom



## A Better Person for My Horse

by Chris Ward, Nottinghamshire U.K.

I have just completed a month-long course at the Parelli Centre at Stoneleigh in the U.K. What I found there takes some telling, so I hope that you will bear with me. I hope that you will pass on my words to Pat and Linda, who should be made aware of the excellent team they have working on their behalf in the U.K.

For you to fully appreciate my experience, I need to explain a little about my horse. Bea was sold to me as a four-year-old Left-Brain Introvert. She had done a little jumping, a little dressage, been out on hacks and been ridden by complete novices. It became apparent when my vet had cause to exam-

ine her that she was probably a good deal younger than first thought. Her age was pegged at three, at the very most three and a half. This meant that she had been started at a possible two and a half years old. Her start had been gentle, but brief and quick.

*I questioned the validity of our attending the last week, as I knew Bea wouldn't be ready for mounting, let alone riding.*

The first two weeks of my course brought out the best in Bea and myself. During the third week things started to

unravel. In the arena, while preparing to saddle with savvy, I noticed that Bea was unable to stand still. As things progressed she went introverted, then catatonic. I also noted a lot of displaced behavior—chewing bits of the all-weather surface, mouthing the line. My horse was distressed. I felt that so powerfully that I spent the rest of the evening in tears. I questioned the validity of our attending the last week, as I knew Bea wouldn't be ready for mounting, let alone riding. The next day I expressed my concerns and observations to Carmen, the course leader.

*I started the fourth week sure that I wouldn't be riding but determined to obtain all the information possible to enable me to help Bea further down the line.*

I had consoled myself that I could offer a week-long course free of charge to someone who could really use it, but the faculty wouldn't hear of it. They wanted to assess the situation themselves and insisted I not burn my bridges. What followed was truly amazing. I received my assessment from Rob McAuliffe, who happened to stroll over to me the following afternoon. I told him everything I had witnessed in my horse the previous day and what I knew of her history. Right on cue she went inward again, and my suspicions were confirmed. Although the decision would be mine, Rob was of the opinion that we would gain more by staying. He said it was not a problem to the faculty and would not hold other students back. More important, it would not damage my horse. It would be an education for her and for me.

Rob gave me things to look for, but I had the task of working things out for myself. I know now that I was probably being watched carefully, but I was given the freedom to try on my own and make my own plans. By the end of the third week I had Bea confident to be saddled and moving in a more relaxed manner underneath the saddle. I started the fourth week sure that I wouldn't be riding but determined to obtain all the information possible to enable me to help Bea further down the line. The faculty ensured that I was involved in every workshop and had the opportunity to progress if possible, and every one of the instructors took the time to give me little pointers and listen to my thoughts and ideas. At no time did I feel surplus to requirements or a nuisance.

On that last week we came further than I had thought possible. With Rob's help I mounted and was able to walk and trot in the honeycomb. On my last day I was out of my

small area and into the playground proper. It wasn't pretty. I got my knitting in a ravel a fair few times, but Bea remained relaxed—so relaxed that she was able to eat. We ended up playing the game of "How many times can I get the grass and not move?" Frustrating at the time, but now I realize that it was a major sign from my horse that she was okay with it.

It would have been easy for the faculty to tell me to go home and get my horse started properly, but they didn't. It would have been easy for the Parelli movement to say I didn't reach the criteria, so it's not their problem, but they didn't. Instead they gave me all the help and support I could wish for. I had the time to figure things out for myself, which, considering there were 30 in the class, was amazing. I have returned home a different person, a better person for my horse. In short, the faculty helped bring this out in me. It could be argued that it was there all the time, hidden deep within, but I maintain it takes expert tuition and care to cultivate that in someone. The U.K. faculty did that for me, and I will be eternally grateful. Thank you, Carmen, Rob, Mira, Ben, Lyla, Sharon, Terri, Jody, Sally and James. You are a credit to your profession. And by the way, plans are in place for Bea to be restarted professionally by a Parelli Professional to give her a better foundation. 🐾



## 2010 COURSES



### Florida

#### 2-Week Courses:

Horse Behavior and YOU	Feb 14-26
Level 2 BREAKTHRU	Mar 14-26, November 14-26
Confidence TRANSFORMATION	Apr 11-23
Savvy "FINESSE"	Nov 28-Dec. 10

#### 4-Week Courses:

Fast-Track	Feb 1-26, Mar. 1-26, Mar 29-Apr. 23, Nov. 1-26
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### Australia

#### 2-Week Courses:

Level 2 BREAKTHRU	Mar 1-12
Savvy "FINESSE"	Mar 15-26
Horse Behavior and YOU	Oct 4-15
Confidence TRANSFORMATION	Oct 18-29



### Colorado

#### 2-Week Courses:

Horse Behavior and YOU	Jun 13-25
Level 2 BREAKTHRU	Jul 11-23
Confidence TRANSFORMATION	Aug 8-20
Savvy "FINESSE"	Aug 22-Sept 3

#### 4-Week Courses:

Fast-Track	May 31-Jun 25, Jun 28-Jul 23, Aug 2-27, Aug 30-Sept 24
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### United Kingdom

#### 2-Week Courses:

Horse Behavior and YOU	May 10-21
Level 2 BREAKTHRU	May 24-Jun 4, Jul 19-30
Confidence TRANSFORMATION	Jun 7-18
Savvy "FINESSE"	Jun 21-Jul 2, Aug 2-13



### What People Are Saying...

*This was the course where it all came together for me. I got so many necessary holes filled that will enable me to progress with my home study materials. —Cat L.*

*This course has inspired me to be particular; to do the simple things with precision; to slow down and speed up; to get on with it! —Teri G.*

*It's a culmination of all the ingredients and putting together communication and techniques to move towards more advanced maneuvers. At the same time you can't go forward without confidence so I continue to find ways to build my horse's confidence at greater distances in open spaces. —Emily M.*

*I have learned what my horse has been trying to tell me - 'Slow down and talk to me effectively.' I gained her respect and she is offering more. —Andrea K.*

# I'd like to be world champion— and I'd like to be like Pat Parelli

Looking for a few good men?

Well, here are two outstanding young candidates—BJ and Jaron Austin by Norma Vela

*I will never forget the first time I saw BJ Austin. I was at the Colorado Parelli Center in 2004, and Pat had brought all the students over for a demonstration in the round corral by his house.*

We had been told that he was going to coach a barrel racing champion. There stood all 6-foot-plus of Pat Parelli and all barely-4-foot-on-a-good-day of this seven-year-old boy. Pat introduced BJ and explained that the boy intended to be a world champion and had asked for Pat's help because he wanted to do right by his horse. Winning wasn't winning, according to BJ, if his horse didn't have dignity. Pat announced

with great seriousness, "I told BJ that if he could get on his horse by himself from the ground that I would let him come out here and study with me. He thinks he's ready to take me up on the offer." Pat looked at BJ and said, "Okay, go on over there and get on your horse." Then he smiled and winked at the rest of us. BJ took a look at the horse then looked around the ring; there was no mounting block or fence to climb up on. All of us

*BJ gets first hand coaching from his mentor, Pat.*



smiled and giggled at the idea that this little boy was going to get up on that horse by himself. But in less than three seconds BJ had scrambled up using the leather stirrups as a ladder and was comfortably sitting in the saddle. None of us had ever seen anything like it, and we spontaneously cheered! What we didn't know was that BJ had also *saddled* this horse with no help—that was part of the deal.

*"I sacrificed races to rebuild his confidence."*

Today, at the ripe old age of 12, BJ has passed Level 3 On Line and is about to complete his Level 3 Liberty and FreeStyle. He's also working on the barrels for his competition goals. BJ's younger brother Jaron has joined him in both Parelli studies and the competition world. These two young men are absolutely dedicated to their horses and truly have Parelli in their hearts. I got to speak with them and had to smile every time they answered me with "Yes, ma'am" or "Thank you, ma'am." You don't hear such excellent manners that often or see such dedication to a passion. I asked BJ what he remembered about that day. "Oh, I'll never forget it. I'll never forget one minute of it." How the heck did he learn how to climb up on the horse like that? "I wanted to study with Pat, so I had to do whatever it took. I just had to figure it out."

What advice would he give to someone trying to achieve Level 3, I wondered. How had he been able to go that distance? "Just try... really hard," he said. "Parelli is out there, and it'll help them and help their horses."

BJ lives his own excellent advice, currently playing with four horses. He rides every day, weather permitting. "Right now," he says, "I'm focused on relationship and their ground skills." He's got one horse that he is taking through Level 3 before he tries to bring the others

along (for his Level 4). "We go on a lot of trail rides. At home we play around, doing jumps. Anything I think of!"

BJ lost his really good barrel horse three years ago and had to start over with a new horse. He quickly realized that his new horse had some serious confidence issues and was obviously named Maniac for good reason. "I couldn't have done that without Parelli knowledge," he says. How many other riders would have pushed the horse through without being aware or, worse, without caring? But BJ stopped competing and took the time it took. "I sacrificed races to rebuild his confidence."



When asked about his dreams, BJ didn't hesitate. "I want to get as high in the [Parelli] Levels as I can. Then IBRA, NBHA—I'd like to be world champion—and I want to be like Pat Parelli. That's my dream."

Jaron, currently eight years old, started riding at three. He's playing in Level 2 and has his own barrel horse. Jaron developed his own unique way of mounting his horse from the ground—he climbs over his head! Jaron got to put a first ride on a three-year-old recently . . . bareback. Parelli training for him is "fun." But then, suddenly serious, he adds, "It helps the horse and helps people sometimes. They learn to be patient." (Be still, my heart—I heard this eight-year-old talk about learning to be patient!) Jaron's dreams match his older brother's; he's intent on mastery—all the Parelli levels, winning at the shows. All of it.

Both young men talked about how Parelli philosophies affect them every day. "I know to not get frustrated with the horse and to keep trying till it comes up," says BJ. Jaron adds, "It keeps you calmer, and if you're mad at someone, you kind of calm down and think about it."

Both young men would like to thank God for their ability and for leading them to Parelli. They would also like to thank some people—their parents, of course, who "help with a lot of stuff"—along with Carol Cop-pinger, Charmayne James [11-time WPRA World Champion], Mark Mosby and Joe Mosby. But they emphasize that they can't thank Pat and Linda enough for giving them this path to truly live their dreams.

***"The best teachers I have had have been my horses, Creek and Maniac," says BJ.***

Apparently the retreat from competition paid off for Maniac and BJ, who finished the season in first place in the 18-and-under Youth Division of the International Barrel Racing Association (IBRA) in the State of Illinois for year-end points. BJ also finished third in the Open in First Division, which is for riders of any age. Jaron finished first in Second Division in the Youth.

"Our next goal is Nationals in October," says BJ. I don't doubt for one second that they'll be there. 🐾



*Jaron (above) and BJ barrel racing*

*"There's four things that enable you to become successful: Talent, Skill, Try, and Luck. BJ was 7 years old when I first saw him, it was obvious that he had talent and try and his luck quotient was because his parents went above and beyond in supporting him with his passion. The only thing I could offer was skills. One of the most fun weeks I have had in Pagosa Springs, CO at the ranch was the week he spent here riding exclusively with Caton and me." —Pat Parelli*

# *As I opened my package I was stunned to find a masterpiece inside.*

*We all have our reasons for starting our Parelli journey; mine was pure frustration. My horse had turned into a runaway. I had a bucket of long shank bits that couldn't keep my horse from running off. I had attended several clinics hosted by well-known trainers, only to come home even more confused. I started to avoid trail rides with friends. I was frustrated, scared and at the end of my rope.*

*If you are a Parelli student, you know how the story goes. First came safety: in Level 1, I learned what I should have known before I ever owned my first horse. Then came fun: my horse and I started to enjoy each other's company again. We attended Parelli clinics, went to the Parelli Center in Florida and started trail riding again. I learned a few phrases that kept my lack of knowledge from affecting my relationship with Bug: "I'm not there yet," "Oops, pilot error," and "Play with the horse that shows up."*

*Passing my Level 2 was a milestone; it affirmed that my Parelli journey was real. I couldn't wait to call Ginny Sue and have her create my Parelli Award. Little did I know that Ginny Sue would become part of my Parelli journey. Her understanding of the Parelli dream, her passion and her involvement in my journey have started a new friendship.*

*Over several weeks of phone calls and meetings, we put together my collage of pictures. The day finally came when my Parelli Award arrived in the mail. As I opened my package I was stunned to find a masterpiece inside. It was way more than a pretty frame; my Parelli dream had been laid out on canvas. I cried and smiled and laughed—and I remembered my journey. Thank you, Ginny Sue, from the bottom of my heart!*

*—Heike Jung, DVM*



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# Savvy Spotlight

## “Time to Face My Music” by Charity Paashaus

*The name of my song might be “It’s Cryin’ Time Again,” because I’ve left the arena in tears twice now, on the worst and best days of my life.*

Let me begin my story in 2008, at the Parelli event in Massachusetts. My horse Parker and I had been “playing Parelli” together about three years. I was about a quarter of the way through Level 3 when my longtime study buddy, Jason Zulli, and another good Parelli friend, Chris Cook, decided that we should be on the Savvy Team at the upcoming event. We played well together and it seemed like a good idea, so we prepared diligently for months. But once we got into that arena with the lights, noise and crowd, things changed.

Chris’s and Jason’s horses were their usual Left-Brain selves, but Parker suddenly became wildly right-brained, flipping rapidly between Introvert and Extrovert. I was right-brained, too, and near tears. Linda saw it immediately and offered to work with us in her lesson on Savvy Sunday.

That next day I brought Parker in on line; Linda had me start to play, and he quickly went Right-Brain again. He was too much, so she took hold of the rope. On the other end of that 22-foot Line was a 16.3-hand chestnut-colored fire-breathing dragon! She worked for about an hour and a half as he tried to run her into the fence twice and dragged both of us across the arena, and it was finally all that both of us could do to find a good place to stop. Linda pulled me aside and said, “This horse, he’s a *super* horse. He looks out for number one.”

So I had a *very* difficult horse, and I had put him in an extreme environment beyond my level of savvy. What did I expect? More important, what was I going to do about it? I was distraught. It might be a good time to mention that I came to Parelli in desper-

ation after being injured by Parker numerous times. People close to me had encouraged me to sell him and give up this journey. But now I knew the answer was in Parelli, and I was going to find it.

I am extremely fortunate to have access to Parelli Professional Peter Fuller at Willow Brook Farms, who has been a great help and influence. Between Peter, Chris, Jason and his wife Ashley, I have proof that the Seventh Key—Support—is the ultimate ingredient of success. I was double lucky because Pat and Linda stayed at Peter’s for a whole week, during which Linda took the time to work with me again to better my understanding of how to progress with this horse. Three weeks later we shipped Parker to the Parelli Center in Colorado for my course, and he and I played there together for six weeks. We’ve



Charity and Parker.

courtesy photo



*Relaxing at the Parelli Center in Colorado.*

courtesy photo

been playing ever since, which is what gave me the confidence to step back into the arena for the Savvy Spotlights in Harrisburg. We signed up for FreeForm.

The butterflies and not eating or sleeping started on Thursday, when Jason and I were loading the boys on the trailer. They loaded beautifully, which was a huge success, because months earlier I couldn't trailer load without my horse tearing the trailer apart—nothing before had worked. But Pat had come to visit Peter's again and spent half an hour giving me an extreme trailer-loading demonstration, putting me on a seven-day program, and these days Parker walks right in.

We arrived at the arena, and Trevor Carter checked us in. The whole time I kept playing approach and retreat in my mind with walking into the arena and facing the biggest fear I have ever had, a fear that has loomed over me since that day in Massachusetts.

Sunday morning arrived and—well, let's just say I was calmer on my wedding day! This was going to be one of the biggest days of my life and of my horsemanship journey.

Jason was reassuring, and I just kept telling myself "Prior and proper preparation." And if there is anything I had done, it was prepare. I had gone online and found as many local shows and events as I could. It didn't matter if it was a schooling show, Northeast stock horse show, our local agricultural hall expo or Parelli clinics and demos at Willow Brook. If there was a crowd, Parker and I were there. Anytime I had a group, I had people clap and make noise until he found relaxation with it. At home we had a PA system, and I downloaded applause and music and turned it up as loud as we both could stand while I played extreme Friendly Game. It wasn't easy, I promise you that. Of course, as I kept telling myself, it's not *about* the crowd! It's about leadership and our relationship.

***But with Parelli I've found my self-confidence.  
I found the leader inside.***

Jason and I walked down that hallway to the arena in silence, stood at the entrance in silence and gave each other the "We can do this" look. Trevor announced us, and I had to override

every impulse to turn right around and walk back to the stalls. Then our music started.

We walked through those doors, and it was time to *face my music*. My fears went away, and the largest smile came across my face! I had so much fun as the real Parker showed up. Of course, Jason and I were partners, as always. When our second song ended and Trevor came out with those Level 3 ribbons, I was elated! Just like in Massachusetts, I left the ring in tears. And this time they were tears of joy and not defeat! Both of my zip ties were intact, and the 22-foot Line that I had placed on the fence in case I needed to get off a Right-Brain runaway was still hanging there untouched. Pat often says you can really only change a horse about twenty percent, although one horse's twenty percent might be bigger than the next horse's twenty percent. I really wish you could have seen just how big our twenty percent was that day. I've come to believe that I'm just getting to the tip of the iceberg with Parker—he's got so much to offer. Now that I've unraveled where I was falling short as a leader—and learning to use Love, Language and Leadership in *equal doses*—we have incredible things to come.

The most important lesson I learned from all of my Parelli studies has been "It's not about the \_\_\_\_\_ (fill in the blank)." It's changed and improved my marriage, because "It's not about my husband!" Josh has seen the amazing value in Parelli philosophies and become an amazing support. It's changed the way that I interact with the world around me. It's changed how I see myself and my horse, because it's not about Massachusetts, or Harrisburg, or trailers or any of that. It's about asking the question every day: How can I influence others in a positive way—horses or humans?

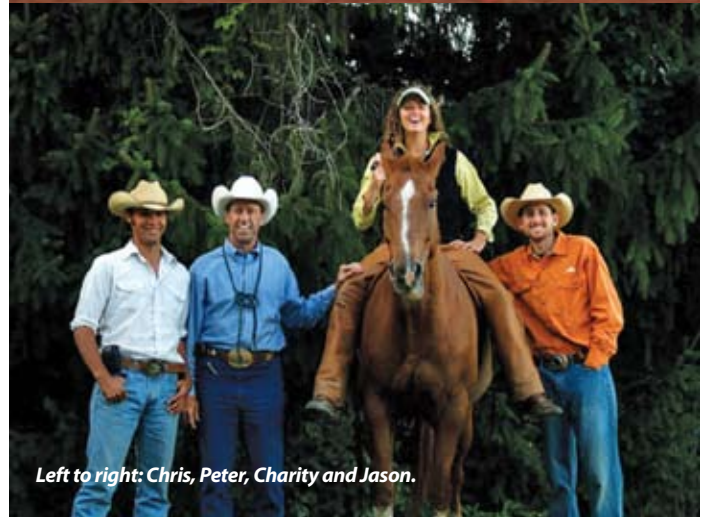
My other great lesson is that my horse is truly a mirror. The reason Massachusetts went so terribly wrong was that my horse didn't respect me. My horse had not a snowball's chance in hell in that arena—there was nothing for him to follow. But with Parelli I've found my self-confidence. I found the leader inside. Yes, maybe he was a little unconfident still, and maybe we did nothing spectacular by someone else's standards, but for him, we were awesome.

Since the Celebration Chris, Jason and I have sent in our video auditions for Level 3, and we're such a team that Parelli Professional Jesse Peters calls us the Three Musketeers. Jesse has been another essential part of that Seventh Key. I resigned from my cushy office job and came to improve my horsemanship by becoming a ranch hand at Willow Brook. I'm excited to be starting on the Level 4 journey, applying to the Mastery Program and one day becoming an instructor. I have a passion for this journey like nothing I have known, and I owe who I

have become to Pat and Linda. Linda, you have profoundly touched my life, and Pat has impacted me forever. Please accept my heartfelt thanks. I'm 100% committed to the journey of never-ending self-improvement. 🐾



*In the Spotlight - Harrisburg, PA.*



*Left to right: Chris, Peter, Charity and Jason.*

# Junior Savvy

## The Importance of the Power Position

*Horses respect other horses that are smarter, faster, and stronger than they are. Learning your power position will help you prove to your horse that you, too, are worthy of respect! Practice using your power position with another person on the end of the line so you'll be ready to stay safe and earn respect when your horse challenges your leadership!*



1

Introducing Ella and Ollie (Ella is in pink!)



2

Have you ever played with a lead rope and an adult, with them pretending to be the horse?

Have you experimented on how to hold your ground?

3



4

Where you spread your feet?



5

Find YOUR Power Position!



# Perspectives

## Having More Fun

### It used to be a fight with my horses

Spirit Seabre, New York, U.S.

I have been a hunter jumper riding instructor/trainer for the past 15 years. I went into this profession because of my love for horses and my dream to really connect with them. I didn't even realize that instead of creating a strong bond, I was working against the horses, adding martingales, stronger bits and force. It was actually a fight with the horse to do everything, and it was stressful! Even when I was having "fun," knowing that my horse was *not* ruined it for me. When I learned of Parelli and saw what people have accomplished in a natural way I immediately switched over. For the first time (since my dreams as a child) my horses and I are truly having a great time together. I now look forward to my playtime as the best, most fun part of my day.



### Instant friendships were made that night

Roxanne Davis, California, U.S.

When I received an email asking if I was interested in helping to start up a Parelli playgroup here in San Diego County, I jumped at the chance. Our first meeting was held in a restaurant. There were seven of us. Most of us were strangers, but boy, could we talk! We had so much in common and such a desire to share our experiences with Parelli that the meeting often drifted off course. Instant friendships were made that night. I now have a growing network of friends, a rare occurrence with my hectic and tiring schedule. I am finding that sharing my Parelli journey with my new playgroup is making it a lot more fun and memorable. We receive pats on the back, and we give them freely. We have true camaraderie, and we have *fun!*

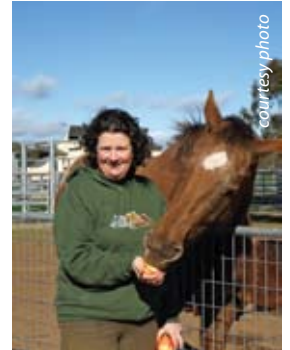


### To be a good parent, I need to be a good person

Kim Barker, Bannockburn, Australia

To be a good parent I need to be a good person. This requires the ability to learn and lead. To love and laugh. To have fun

and passion. Parelli has given me all these things. Horses are my passion and distraction from my professional and domestic life. Parelli has given me a way to be with my horses and have fun with them, just like when I was a kid. No goals or time restraints. Having fun with my pony was priority number one. Gee, I wonder if that is a lesson I could learn to be a better parent! We all have our own journey to live, and the best journeys are when we enjoy every moment of it. The most fun I am having now is playing with my kids with their horses. They are safe and confident, and their relationship with their horses is number one. What better life could we offer our equine partners? Live like a horse and play with your human.



### Now I feel like anything is possible

Rebecca Turberville, Worcestershire, England

Parelli helps me to have fun with my horse Robbie every day. We are just starting our journey, studying in Level 1. I have been around horses all my life, but only since discovering Parelli have I felt as if anything is possible! I have fun just watching him and his herd of three in their field interacting with one another, as I now understand their behavior and what games they are playing. Anything to do with Parelli is fun, but most of all I have fun playing with him. There is no better feeling than having a conversation with your horse! When I see people in the yard having bad horse days, I just smile to myself, safe in the knowledge that I only have "how interesting" days or, on rare occasions, "oh boy" days. Every day is a fun day, and I have a brilliant partner to share with!



### I can see him smile!

Ilian Trichopoulos, Arnhem, Netherlands

I'm having so much fun with my Parelli Center horse, Navajo. This picture shows one of our favorite games, the pedestal.

There's just one little difference: Our pedestal is... my Jeep! Navajo loves to put his feet in the back of my Jeep and stand up. It's as if I can see him smile.



**Thanks for making the times with my horse way more fun!**  
Jessica Austin, B.C., Canada

I have a five-year-old quarter horse named Hurricane. Before I started Parelli, "going to the horses" consisted of crawling slowly up to one, quickly putting the halter on and then jumping on with the fear of being bucked off. However, now that I do Parelli I have tons of fun with my horse, because we are now partners. We play "hide and seek," which consists of me running away and quickly hiding while Hurricane literally runs around trying to find me! Parelli has also helped me look forward to going up to the field and trying to do new things with him. I now love trying to figure out which of the Seven Games I should use to ask him to do certain things. Thanks for making the times with my horse way more fun!



**I am doing things I never dreamed of!**  
Kristyn Harris, age 15, Texas, U.S.A.

Fun is savvy. Fun is having a solid, trusting relationship with your horse. Parelli Natural Horsemanship is FUN! Having passed Level 1, "fun" has taken on a whole new meaning for me as I play in Level 2/3. I can't describe the thrill I felt when I started doing Liberty with my mustang that I adopted wild a year and a half ago. The transition from On Line to Liberty was so smooth because she had the Level 1 foundation, and since Liberty is the Truth, it is an amazing feeling to know that your horse really does want to be with you! I have fun every time I go out and play with her. I am now doing things I never dreamed I would be doing with any horse in a million years, much less a young, Left-Brain wild mustang filly! Thanks to Parelli for making my horse relationship an absolute blast.



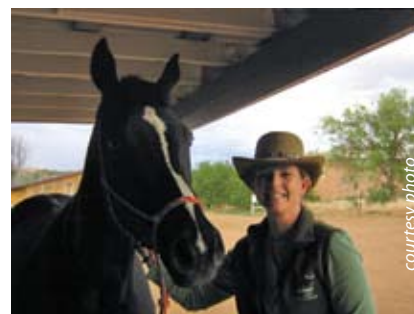
**They had never seen horses interact with a person like mine do**  
Belinda Green, Ohio, U.S.A.

I have spent a lot of years in the show ring, and even raised and trained a Versatility Champion, but the bond and partnership we have together now is so much more thrilling than even attaining that title. When time is limited I can play with both my horses at Liberty, or ride one and play with the other at Liberty. Recently while playing with Socks, my other horse Little Bit left his 3-acre pasture to come and wait his turn to play. This is huge for him, as he is a Right-Brain Extrovert. We have woods that he was afraid of; now he goes there with me at Liberty. We had company over the other day who commented that they had never seen horses interact with a person like mine do. I am now truly living my dream every day at home, not in the show ring! I will forever work on sharing this with everyone I can.



**What fun we had embracing the moment!**  
Paula Rosemond, New Mexico, U.S.A.

Parelli keeps me in the moment and reminds me to deal with whatever comes up. Recently, my buddy Lori and I met at the barn with a storm looming in the distance. No sooner did we finish grooming when it started to pour down rain. She led her gelding underneath the awning of the tack room and said, "Come on! Lets get under here!" My 4-year-old TB mare is a born skeptic but she stepped right under the small awning with the rain pelting down! We giggled like young schoolgirls and were so proud at how calmly the horses handled the strange situation. We discussed how it was the ultimate Squeeze Game, like being in a horse trailer! My mare pranced like a young filly on the way back to her pen as the rain tickled her skin. What a fun time we had by just embracing the moment!



*"I only use and recommend professional grade because horsemanship is my art."  
—Pat Parelli*



*I began making my own "natural" equipment in the early 1980s because most horse-training gear is designed for restraint and force rather than teaching. It promotes predatory, hard, quick hands—the opposite of what a sensitive prey animal needs.*

*All my ropes, reins, halters and sticks have been developed to improve the flow in your handling skills and communication with horses.*

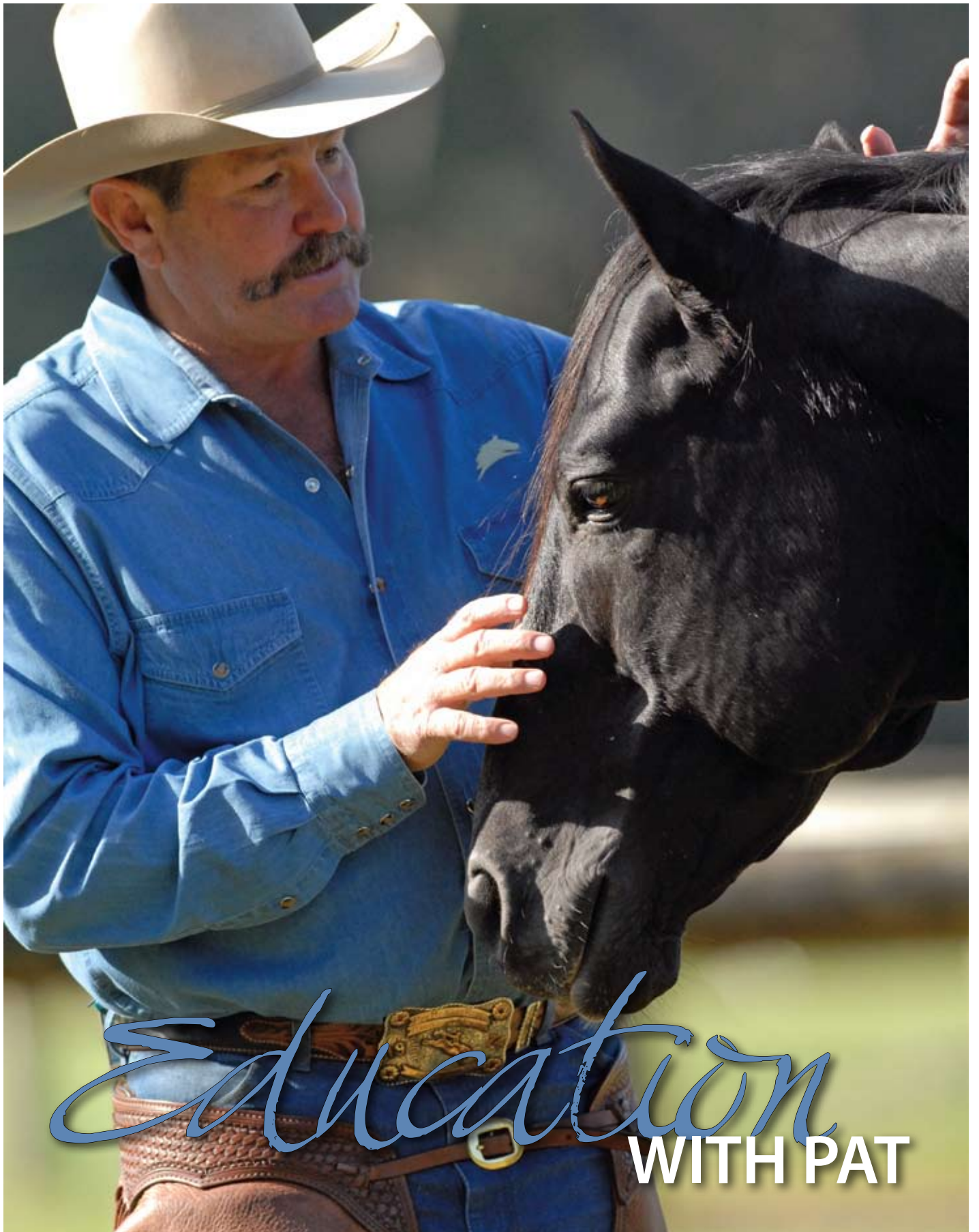
*It all supports what I need to teach you about "feel": hands that close slowly and open quickly...it's the release that teaches and the drift that builds confidence.*

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*Professional Grade*





*Education*  
WITH PAT

# Feeding the Savvy Way

by Sarah Espinoza-Sokal

*If you walk into an average barn at feeding time, you should be astounded by the chaos. Most horse people are desensitized to this mayhem and consider it normal, but feeding time doesn't have to be full of stress and commotion. As Pat Parelli says, "There is a savvy way to do everything," and feeding is no exception.*

## Understand the horse's idea first

Nature designs animals with one goal in mind: survival. Our modern way of life is so far removed from nature that we often find it a challenge to remember that our horses are acting on the programming that has helped them survive for the last 55 million years! Dominance games are a part of nature's plan for the survival of horses as a species, and it is important that we not underestimate that legacy.

***The need to play dominance games around food and water is programmed into your horse at the same level as the instinct to fly from fear.***

Over time a species evolves, adapts and persists because of the principles of natural selection and survival of the fittest. For a social species like the horse, a clear dominance hierarchy is a crucial part of that process. Dominant animals drink, eat and reproduce first, giving them a better chance at survival as individuals and a better chance at passing their genes on to the next generation. It is important that these animals also be the smartest, strongest and fastest.

The need to play dominance games around food and water is programmed into your horse at the same level as the instinct to fly from fear, and for precisely the same reason: to ensure the continuation of horses as a species. It is natural for horses to fight at feeding time; even when they're in separate stalls,



the instinct prevails. If they aren't doing battle with other horses, they may feel the need to fight with you.

### Watch what everyone else is doing

Common feeding mistakes typically fall into one of two categories: putting the job first and anthropomorphism. As human beings we tend to be very time- and schedule-oriented, and at a normal barn, feeding time is just one more scheduled event that needs to begin and end on time. When a horse displays dominant or aggressive behavior, it is mostly ignored or addressed reactively, with impatience and frustration. All over the world people are creating and perpetuating negative behavior at feeding time simply because, until someone gets hurt, it doesn't stop them from getting the job done on time.

Unfortunately, most people who do address feeding time behavioral issues approach them with anthropomorphic strategies that do nothing to improve the situation. Anthropomorphism is the human tendency to assign human reasoning to animal actions. A common example of an anthropomorphic strategy is the concept of punishment—but punishment does not work for prey animals. For example, I once saw a human punish a horse for making too much noise at feeding time by leaving his grain just out of reach until he quieted down. Most often, strategies like this result only in greater stress on the horse, more damage to barn and an exasperated human who eventually gives in because it is way past time for the job to be done!

Another common mistake caused by anthropomorphism is the attempt to impose our human sense of justice on horses at feeding time. Many people try to avoid feeding the dominant horse first because they interpret that horse's behavior as mean or unfair. But disrespecting the horse's nature this way just causes more trouble. It is important to be aware of what is important to the horse and not make the common human error of underestimating the significance of the horse's natural feeding rituals. Feed the dominant horse first.

### Do the opposite

Set yourself up for success at feeding time by putting the relationship first and playing with the horses' natural dominance games. Take the time it takes to accomplish your feeding in a way that is congruent with your goals for your horse rather than just getting the grain into the bucket at any cost. If you learn to think of feeding time as an opportunity instead of a chore, you'll already be on the right track!

Instead of trying to supersede or ignore the dominance games that your horses are playing at feeding time, start participating in them—just make sure that you participate in the

role of the dominant horse. You can start teaching your horses to be respectful at feeding time by playing the Yo-Yo Game until they come to you with a good attitude and then allowing them to eat. You may want to start On Line, and definitely make sure that you have a Carrot Stick™ with a flag or Savvy String if you'll need it! In general, just take a little extra time to make sure that your horses aren't pushing into you when grain is present, and that you are taking a leadership role by making it clear to your horses that they can have their grain, but only on your conditions.

As your level of savvy and your relationship with your horse grows, keep making a game out of feeding time. You could ask them to do a few laps of the Circling Game or go sideways for twenty feet before you allow them to go to their grain. Don't settle for just being safe at feeding time. Stretch your imagination and think of ways you can take advantage of this opportunity to *improve* your relationship with your horse.

Note: Left-Brain horses tend to be more challenging at feeding time because they are naturally more dominant, but this does not mean that a Right-Brain horse would not think of dominating you!

Human beings are experts at compartmentalization—the practice of separating things into isolated compartments. We want our play sessions to be in the horsemanship compartment and our chores to be in the horse husbandry compartment, and we would rather they didn't interact. While we work hard to earn respect from our horses when we are riding or playing on the ground, we ignore the opportunities we have to earn or lose respect as we go about our daily duties. Horsemanship is about relationships, not training, so it cannot be compartmentalized. When you learn to let your horsemanship and your horse husbandry go hand in hand, you'll make great strides in bettering your relationship with your horse, and it will naturally become one of your good horsemanship habits. That's savvy. 🐾

### Improve Your Feeding Savvy

- Put the relationship first—take the time it takes.
- Make a game out of feeding time—Yo-Yo, Circle or Sideways—then eat.
- Cultivate respectful behavior—use a Carrot Stick™ and Savvy String or flag to keep horses out of your space until they are soft and polite.
- Stay safe—start On Line.
- Feed the dominant horse first.

# Pat Parelli's Precision Pen

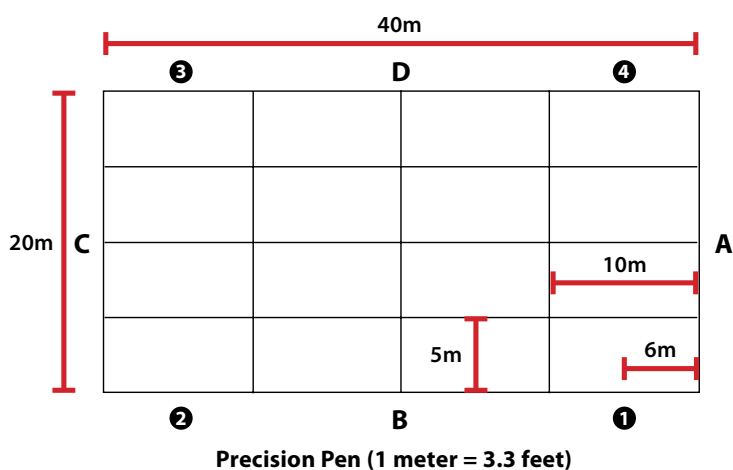
## The Finesse Breakthrough by Sarah Espinoza-Sokal, Parelli Mastery Program Student

*"Adults are people who practice making simple things difficult." How many times have we heard Pat Parelli say those very words, and perhaps not really grasped the significance of the statement?*

*Sometimes we don't realize how far from simple we've come.*

What better example of complication and ambiguity can there be than the modern sport of dressage? Five days worth of opportunities to observe Walter Zettl instructing Mastery Program students in precision riding (a.k.a. Finesse) was an amazing chance to watch simplicity in action.

As a student of the sport of dressage since age 13, I've been taught many ways of remembering the arrangement of the letters in a small dressage ring. My personal favorite has always been "All King Edward's Horses Can Make Brick Fences," but I still cannot tell you with complete confidence which direction around the arena these letters go. When I asked the eternal question "Why?" I remember receiving the response: "No one really knows," and I faithfully passed on that response to everyone who asked me. The general feeling seemed to be that the inexplicable selection and arrangement of letters was just part of the "mystery of dressage," and while I have always accepted it as the way things are, when Pat Parelli got the same answer from Walter Zettl he set out on a mission to dissipate that mystery from the ground up.



In Pat Parelli's Precision Pen there are four letters—A, B, C, and D—and four numbers—1, 2, 3, and 4—simple, logical, memorable. It may seem like an arbitrary change, but the inability to explain the meaning of traditional dressage letters gives the impression that the practice of dressage is confusing

and difficult to understand. For example, when you set up a dressage arena, the exercise of organizing the letters causes newcomers to dressage to feel like an outsider looking in on a private party. They feel as if they don't know the right password, so more often than not, they just shake their heads and walk away. Imagine if we could offer a first impression of logic and simplicity instead. Through Finesse, the fourth Savvy of Parelli, perhaps we could get more people intrigued by the importance of precision riding instead of causing them to look on Finesse as a boring or finicky enterprise.

*Pat publicly presented his new strategies at the Gold Savvy Summit, September 2009. A widely heard comment was: "I'm actually interested in doing Finesse now!"*

### Toeing the line

When setting up Pat Parelli's Precision Pen, there is one more simple addition that takes the mystery out of dressage: white chalk lines to mark the internal dimensions and invisible tracks of the arena. As a former member of the Intercollegiate Dressage Association who spent many hours endeavoring to instruct newer teammates in the geometry of the dressage arena—not to mention receiving her share of low scores for uneven circles and loops that weren't quite the right size—I have a hard time believing that I've never been shown this before!

I have never seen as many truly round, accurate circles or truly straight center and quarter lines as I did while auditing just five of Walter's lessons with Pat and Linda. Nor have I ever really been able to appreciate how "on" or "off" people were as they put great effort into doing Finesse in a vast, empty space. Pat's simple network of intersecting lines maps out the crucial intersections and divisions of space in the arena, making what has always been an exercise in uncertainty and frustration into an intriguing game to play with your horse and a whole new dimension of challenge for yourself. It actually makes it

interesting! In the words of Walter Zettl, “The lines are really super—an excellent idea! When one tries to ride precisely, these lines should be drawn on every arena. They make it much easier to be successful.” When you know precisely where your ten-meter circle should lie, you know when you get it wrong and, more importantly, when you get it right! How many hours did I spend trying to perfect my ten-meter circle? Far too many. Especially considering that it is only now that I finally realized that I had no way of really knowing if it was perfect or not. When you make it so difficult to know when you and your horse have won, you also make it exceedingly difficult for either of you to enjoy the game.

Over the five days that Walter Zettl was here, Pat was adamant that we not think of what Walter was teaching as “dressage.” When sitting beside Walter to observe lessons, Pat often made comments like, “That was a really nice Yo-Yo Game!” And when explaining Walter’s terminology to externs and Mastery Program students, he often used definitions like: “Travers—haunches traveling crooked away from the rail” and “Renvers—haunches traveling crooked the other way, toward the rail.” These may seem like silly interpretations, but when we know the Seven Games it makes sense for us. What if every new horseman could begin with the attitude that Finesse is

interesting and even fun? It would certainly prevent much frustration, because when you believe some thing is difficult, it will almost always become so. Horsemanship is already a puzzle; there is no reason for us to break apart and scramble the pieces!

A person with genius is able to see solutions where others cannot, but simplicity makes the solution visible to more people. Pat Parelli is here to help horse lovers see how simple even the most advanced horsemanship truly is, and to empower more people to solve their own puzzles and live their dreams. 🐾

#### Walter Zettl on working with Pat:

“Pat’s system creates happy horses and happy students who are easy to teach, and Pat himself is always eager to learn. When I am teaching, Pat sits always beside me and tries to catch every word. . . .He knows how natural horsemanship and dressage benefit from working together. . . .Natural horsemanship and classical dressage, done correctly, are so similar that it is easy for us to understand each other.”



# Pat's Journey

## An Interview with Pat Parelli

*Pat took some time to answer some questions recently for a UK publication.*

**Age:** 55

**Height:** 6' 1"

**Number of horses:** over 100

**Current top four horses:** Casper, Magic, Vision, Peppy

**Started Riding:** 1957

**First Pony:** Brownie

**Likes:** positive, progressive and natural attitudes

**Dislikes:** negativity, dysfunction and mechanical-forceful attitudes with horses and inhumane treatment of animals

**Bad Habits:** Ask Linda!

**Typical Day:** Get up early, stay up late. Try to make a difference.

**If you could own any horse, past or present, which would it be, and why?** Revolution. I owned him for nine months, and he was the Ginger Rogers of all horses. He made me feel like Fred Astaire.

**Whom do you admire in the horse world?** Walter Zettl, because he is truly the guardian angel of dressage horses and classical dressage principles.

**Most embarrassing moment?** I don't get embarrassed. That's part of having savvy and being okay with who you are.

**Best moment?** Marrying Linda!



**Who has had the greatest influence on you?**

Troy Henry, Tom Dorrance, Ronnie Willis, Ray Hunt, in that order.

**If you could change anything in the equestrian world, what would it be?**

Industry standards; knowing what love, language and leadership really mean when it comes to horses, from birth to foundation to specialization. And I think there should be longevity awards rather than futurity rewards, where fast return on investment and racing/training/competing young horses is not the aim.

**What are your aims for 2010?** To influence more and more horse lovers in the way of love, language and leadership.

**What song would you sing to yourself while riding?** "Don't Fence Me In" by Gene Autry.

**What horse products could you not live without?** I can't think of one I couldn't live without. But if savvy was a product, that would be the one.

**Why did you choose to follow natural horsemanship?** Because it follows the laws of nature rather than the rules of man.

**If you could have one wish, what would it be?**

That humans would not default to being chauvinistic, autocratic, anthropomorphic and such direct-line thinkers, especially when it comes to horses.

**Have you got a training tip for our readers?**

Watch what everyone else does and do the opposite!

**What did you do when you first left school?**

I tried to find myself and find what my mission was, and it took some 30 years.

**If you could be another person for one day, who would you be?** Tom Dorrance, because he saw life from a perspective of purity.

**Which is your favorite horse at the moment, and why?**

Peppy (One Smart Peppy), because he feels like me, horse-onified! He's calm, smart, brave and athletic. He has a future and not a past. 🐾



# Parelli Essentials

## Before... After

Having had so many comments about how different my horse Allure looks these days, I thought it was about time to show the before and after transformation of his physical health.

The 'before' is from five years ago when I first got him. Notice that Allure's mane is coarse, dry and frizzy, and quite bleached out. His coat is an odd orangey-brown-red and he would bleach blond in the summer.

Some of you may also notice the bulge at his throat, this is an enlarged thyroid gland (goiter) and is a contributor to some of his extreme behavior.

The 'after' photo was taken at the 2007 Savvy Conference last September. As you can see his color has changed dramatically and the goiter is virtually gone. His coat is soft and shiny all year long (even winter) and his mane is almost straight.

When I first got Allure we didn't have Essentials. He was on vitamins, minerals and our feeding program. But when I started him on Essentials about 18 months later I saw changes within a week and every year he just looks and feels better and better. This summer he only had a few bleached hairs on his shoulders and tail instead of over his whole body, and his hormonal stability has also changed. This amazing formula of amino acids and herbs is alchemy at its finest. (By the way, Essentials was formulated by the same man who inspired my research on Horsenality.)

Essentials makes you realize that it's not about the nutrition... unless you can utilize those nutrients! Make sure your horse is able to digest the nutrients you're giving him. Learn about the Parelli feeding program by using the Savvy Club website search.

*Essentials - way more than a supplement.*

*I wanted to let you know about my experience with Parelli Essentials. I gave my horse APF for four years, and it was great. But I don't travel with him anymore, so it's not as important that he have it (and I hoped to find ways to trim expenses). Last summer I switched him over to Parelli Essentials. I've had Rowdy for over nine years, and for all that time he's been a challenge to shoe because his hoof walls were thin and his right front hoof was sensitive. Within about three months of having him on the Essentials my farrier started noticing significant differences in Rowdy's hooves. He can't get over it—just last week he made a comment again about how much more wall Rowdy has and how much easier it is to shoe him. I've told Max, my farrier, about Essentials, and he is really impressed! Rowdy's hooves are stronger and much easier to keep shoes on now.*

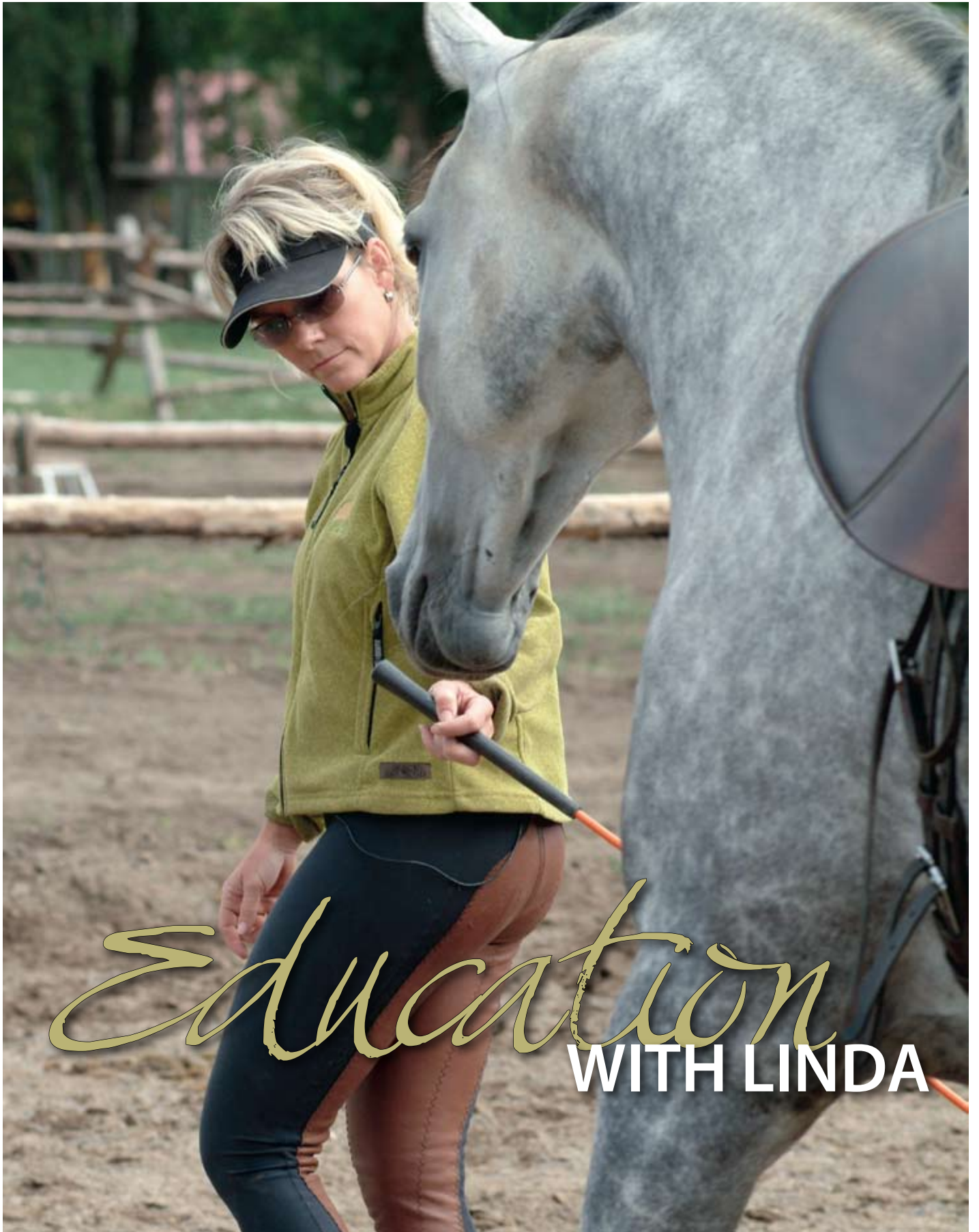
*I wanted to let you know about this because it's such a change, and Essentials is the only thing I am doing differently! Thanks for making a great product that is helping my horse so much! —Therese S.*



**BEFORE:**  
Allure in 2003

**AFTER:**  
Allure in 2007





*Education*  
**WITH LINDA**

# Partial Disengagement

## The key to relaxation on the move by Linda Parelli

***The first thing we learn in the Parelli program about getting on a horse is how to stop him by using one rein and disengaging the hindquarters. It's an indirect rein position, and it takes the power away.***

In order for the horse to move forward and be powerful he has to engage his hindquarters, so disengaging them means stopping the forward movement and reducing or impeding the power.

Every time a horse speeds up when you don't want him to, you need to use one rein rather than two to slow him down or stop him. So "partial disengagement" is exactly what it sounds like: It *partially* disengages the hindquarters so you can keep moving, but with less power.

### **Partial disengagement is a super technique for:**

- Reducing tension—mental, emotional or physical.
- Increasing a horse's confidence and relaxation while riding.
- Improving rhythm, flexion and length of stride.
- Keeping the horse "in front of your leg."

And you can use it at any time, riding FreeStyle or Finesse.

### **How to do it**

Ride along the fence, slide your hand down one rein and slightly bend your horse toward the fence. As you do this, encourage him to keep walking by pressing gently with your leg on the same side. If you are bending him with the right rein, you'd be using your right leg.

This causes your horse to bend his body a little so he is in an arc with his head close to the fence on about a 45-degree angle. Don't bend him more or he will face the fence and stop, which defeats the purpose of the exercise. The idea is to keep moving along the fence, a little slower and in a different shape. Don't look at the fence or look down; focus ahead and down the fence.

Make sure you can do it to both the right and left. In fact, you might find that one side is more difficult than the other, and if so, this is the most powerful side to practice! You have the

opportunity to gently cause the greatest change where your horse carries the most brace.

When you feel confident doing this at the walk, try some transitions. Trot a few strides, then use partial disengagement to bring your horse to a walk, but keep him walking and holding the bend until you achieve the feeling you want: a rhythmic, soft stride with no brace in the body. In fact, you want to keep him walking with that feeling for another five or ten strides, because you are teaching him to access and enjoy this feeling when being ridden.

Now try it from canter to trot or canter to walk, and hold the partial disengagement in the trot or canter until your horse is calm, rhythmic and relaxed in his movement.

***It is very hard for a horse to maintain tension when you bend his ribcage, because when a horse is tense he braces his ribs and holds his breath.***

### **Why it works**

Using transitions is a great strategy for gaining control of a horse's forward movement, so when you do transitions with partial disengagement they become powerful relaxers. It is very hard for a horse to maintain tension when you bend his ribcage, because when a horse is tense he braces his ribs and holds his breath. Try this for yourself:

Hold your breath and push your ribs out so they get tight. Now bend to one side and rock and you'll find that it becomes impossible to maintain that state!

When you help your horse this way, he cannot hold the tension. He begins to breathe again and completely changes his emotional state.

### **How long does your horse need to feel tense?**

**Not one moment longer.**

Partial disengagement is a powerful tool that will help you and your horse find harmony and relaxation when riding, any time and anywhere. It is kind, savvy and effective. All you have to do is remember to use it! 🐾



The key to partial disengagement is keeping a bend in your horse as you continue to move forwards.

# Lessons Learned with Walter

*At the Parelli Celebrations around the globe Linda Parelli has been working with top dressage mentor Walter Zettl. Here we catch up with Linda on the journey so far and find out how Walter is helping to make a difference.*

by Tim Smith (U.K.)

Says Linda: “Working with Walter is very inspirational, and I am really enjoying the sessions with him as part of the Celebration events.

“Walter has a wonderful way of gently reminding me of certain postural requirements without nagging and micromanaging me in the lesson. When instructors keep screaming at you about your position and hands and legs it can be crippling, because on top of all that, you are trying to ride!

“What’s brilliant about Walter is that first he makes the horse feel successful, then he tweaks me. From a riding perspective he’s urged me to find the structure required for collection and engagement without stiffness.

“The real brilliance of what he teaches is the exercises (Patterns), because if you really learn them, they will shape the horse and the rider. Then as you do the exercises he makes small adjustments and reminds you of certain pieces rather than trying to load you up with all of them at the same time all of the time!

“As a teacher I really understand the importance of this for the student, and Walter as my teacher does the same thing—he pushes me to the limit, but not over the limit.

“Well, sometimes I can feel as if I’m over the limit, but I’m not. When you’re striving for excellence, being uncomfortable is part of the package!

“I had reached a place in my horsemanship where a lot of things were really easy for me, and I had thousands of people in the audience applauding me for what I found easy—things like riding bareback and bridle-less, jumping bareback in a halter, doing fantastic things at Liberty, having my horse want to be with me more than anything else. I had actually achieved my dream with horses!

“So what is challenging about this is pushing myself to the next level, going back to my dressage interests, which had become painful, and having those memories intensified by the brutality of what I’ve seen today and in years past of horses be-



ing forced into so-called collection by pushing and pulling... and now this whole hyper-flexion tragedy for horses.

"I am so grateful to Pat for telling me that he was not going to be the one to teach me about dressage now that I was ready and that we would find the right person.

"When we met Walter, Pat said, 'That's him.' So I trusted that, and of course, Pat was right. But along the way I had to really re-evaluate what it was I was doing and what I wanted.

"Today I am more than grateful for the opportunity, and I am once again the student at every level, and it helps me identify once again with our own students and what they go through, like me, when they push through comfort zones.

"My riding has improved in every way, and as I go through those improvements I'm constantly thinking about how to teach more quickly what I am learning at such an extreme level, a level most people of my origin would never have the chance to do. That's my role in Parelli life—to discover and simplify what these masters are teaching us, Pat Parelli and now Walter Zettl.

"I'm learning about dressage from a modern dressage master who truly loves horses and puts the relationship first.

"The more we delve into each other, the deeper we prod

from both sides, the more it validates everything that true classical dressage stands for and that Parelli principles are the foundation for.

"Just as we at Parelli have experienced, dressage has and continues to experience deviations from and misinterpretations of the original concept. The people who don't get it and are the most vocal or visible will influence others and take them down a completely different track.

"We (Walter, Pat and I) are constantly discussing this. There is nothing that we have come across yet that Walter has conveyed about the true principles of the classical dressage, German in origin that contradicts Parelli horse psychology and relationship principles.

"Today, German dressage gets pounded, and yet the misinterpretations prevail. Walter teaches the truth, and very few in the world today do so. Of course, there are others, but few and far between.

"What prevails is the competitive and sometimes brutal treatment of horses in the name of collection and competitive dressage and winning. And it gets labelled 'German.'

"So put the relationship first and follow the principles and proven methods." 🐾

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# Level with Me

by Linda Parelli

*Setting goals such as learning particular skills and tasks is important for never-ending self-improvement.*

*The Levels Pathway has hundreds of tasks for you to learn to do. They are organized into Four Savvys and Four Levels of expertise. In this section we will focus on some specific tasks from the Self-Assessment checklist, which can be found on the Savvy Club website: [www.parellisavvyclub.com](http://www.parellisavvyclub.com).*

## FREESTYLE LEVEL 2:

### Nine-Step Backup

#### Description

When you are riding, there are nine definable steps in asking your horse to back up, from the moment you pick up your reins and close each finger to the way you position your body and where your focus is.

#### Purpose

Rather than just pulling back on the reins, you apply the backup message in phases and help your horse become softer and lighter in response. This method teaches you the fundamentals of downward transitions if you think about north and south rather than forward and backward. For example, what's a little south of a trot? A walk.

It's a fun way to get from point A to point B.

#### Directions

You don't just want your horse to back up. You want him to do it with confidence and understanding, without resistance and with his weight on his hindquarters.

**Step 1**—Lift your reins with one hand and focus well into the distance (don't look down).

**Step 2**—Slide your other hand down, grasping both reins, until you reach the top of your horse's crest in front of the withers and have light contact with your horse's nose (hackamore) or mouth (snaffle/Cradle).

**Step 3**—Separate the reins into two hands, grasping them with your thumbs but with fingers forward.

**Step 4**—Close your index finger over the rein.

**Step 5**—Close your middle finger over the rein.

**Step 6**—Close your ring finger over the rein.

**Step 7**—Close your little finger over the rein. Now all your fingers are closed into a fist.

**Step 8**—Bring your elbows slowly back to your hips.

**Step 9**—"Hunker down"—suck your belly button back to your spine and push your tailbone forward, which will round your back and engage your spine.

#### Level of Quality

The first time you try this, hold your position at Step 9 and wait for your horse to figure it out. The moment your horse takes his first step, release the reins and pet him. Then repeat all nine steps two to five more times, or at least until he starts to understand what you are teaching him.

After the first time you can melt all nine steps together so that your fingers close like a fan and so that while you bring your elbows back you are also hunkering down. The separate steps will become virtually invisible, but your horse will feel every one of them and know what's happening.

The higher your level of savvy, the smoother it will be and the more feel it will have. When it's the first time, you just need it to work but without being rude to your horse. Realizing that there are nine steps will help a lot.



**FINESSE LEVEL 4:****Jingle-Bell Stops****Description**

The Jingle-Bell Stop uses a suspension rein *with rhythmic action* to communicate what you want—stop on a loose rein, tuck your hindquarters, tuck your chin and round your back to be more powerful, and put effort into stopping—because your horse understands the idea.

**Purpose**

There are many ways to stop a horse. The Jingle-Bell Stop achieves this through the Driving Game. Rather than holding steady pressure or *pulling* on both reins—a big no-no in Parelli—you teach your horse to stop on a loose rein and respond to just your seat.

The Jingle-Bell Stop is a Level 4 endeavor. By this time your horse totally trusts you and seeks to understand your intent, and your attitude is that of a teacher—a patient one!

Just so you know, this is a technique used in training horses to slide or stop hard, but in many cases it is applied in a very forceful and frightening—sometimes painful—manner. Pat learned this in his twenties when working for a cruel trainer and never forgot it. He thought about it long and hard and learned how to apply it with the attitude of love, language and leadership not long after.

As you progress through the Parelli program you will find that there are many brilliant techniques out there that can be used with a more loving, considerate and natural attitude. That's why Love, Language and Leadership are our governing principles. It's the reason we teach you savvy rather than just techniques.

**Directions**

From the walk, think about stopping. Suck your belly button back, push your tailbone forward (as in Step 9 of the 9-Step Backup) and count to three.

If your horse doesn't stop by the count of three, lift one rein straight upward and lightly bounce it vertically until he does.

Sometimes this takes just a few repetitions, but other times it may take more and require you to get a little firmer. So long as you are holding the rein vertically, you will not hurt your horse. If you yank it backwards you *will*, so don't do that.

The moment your horse tries to stop, relax and pet him, even if he does not stop completely. After a few repetitions he will, so long as you let him know he's right each time he tries and you do all the right steps! Remember, your horse can only be as good as you are. The longer it takes your horse to stop, the longer you should stay there and rest once he does

**Level of Quality**

At first you'll be able to do this by jiggling the rein. At Level 4 you'll be able to do this simply by sitting down and pushing your tailbone forward and *thinking* "stop."

*Helpful hints:* If you use the Cloverleaf Pattern, you would do this at X. If you use the Corners Pattern (point to point), then use it right before you get to the corner and stop . . . and so on. Horses are pattern animals, so using patterns of repetition will accelerate the learning process. See Parelli Patterns for more information and savvy.



*Try not to brace in your stirrups!  
Lift your knees a little.*

# Linda's Journey

## A Focus on Healing

*One day the unthinkable happened. While I was cantering Remmer around a large field, as I'd been doing daily for the past five days, he tripped, stumbled and finally hit the ground. He rolled over me and caused four of my ribs to break and several bruises to occur as he tried to get up and avoid hurting me under his feet.*

Four weeks later I was back riding Remmer, no pain, no fear. "How did you maintain your confidence?" is a question I've been asked many times, so I'd like to share with you the intense focus I had on my healing, mentally, emotionally and physically.

### **I quickly accepted what had happened and never looked back**

I didn't try to justify it, figure out how or why it happened, and I didn't try to picture or imagine the scene. It was over, in the past and not worth thinking about. It is caring for people to ask how you are doing, and you find yourself reliving the

situation and inciting the drama of "Oh! How awful!" So I didn't do that. I just told people my horse fell and I broke some ribs, but I'm doing great and healing quickly.

*So I focused on what I wanted to occur and never for one moment wondered how I might feel the first time I rode again or what if...?*

I know how impressionable the brain is and that you can train it to do whatever you want by controlling your focus, so I focused on what I wanted to occur. I never for one moment wondered how I might feel the first time I rode





again or allowed myself to ask “What if...?” Imagining what could go wrong is the worst thing you can do to your brain!

### **I made healing my goal and focused on it**

The doctors told me it would take about eight weeks for me to heal, and I had heard about how painful broken ribs could be. I learned to sneeze in a very creative and painless way and slept propped up on my back, and I used the red light (photonic therapy) constantly. About four to five times a day I used the light directly where it hurt, and once a day I did the acupuncture points for the chest region. I also did the “stop bleeding” points to minimize bruising, and I increased my supplements.

Mentally, all I focused on was healing. I told my body to accelerate the process. Eight weeks of not riding was not something I wanted to accept!

### **I took it easy**

That was probably the hardest thing to do! I’m an active person, always doing something—playing with my horses, doing business, writing, writing, writing. Suddenly I couldn’t do anything much. I needed to sleep and rest, so I did. My team stepped up and took over many of my responsibilities, and I gratefully let go and didn’t feel guilty about it. That was different! To this day their efforts have meant I have time for my horsemanship and can focus more on the things that only Linda should do.

***I follow my instincts. My confidence with horses is the most important thing I have, and I would do whatever it takes to protect it.***

### **I made a date for horse play**

I figured that I would give myself four weeks before trying to play with my horses. I did this after about the first five days, because every morning I woke up and found myself testing my pain level, then being frustrated that I was still too sore to ride. So I set a date and did not give it another thought. I began to feed my horses again so I could at least interact, but I knew the day I would be with them again, so I didn’t push myself or cross any mental or emotional thresholds.

I also figured that it would be Remmer, because I’d need to be 100% to play with Allure. So I asked Pat if he would play with Allure—a chance he jumped at. He loves that horse, and



to me Allure is like Pat in a horse suit! They have had a great time together, and I know he’ll be much further along by the time Pat has finished with his foundation. Even though I’m ready to play with Allure again, I’ve accepted the fact that Pat will give him what he needs and accelerate our future development together.

### **I planned what I would do on that first day back**

I would play on the ground, and if it felt right, I would get on Remmer and just walk. The next day I would try the trot and even the canter. If I had any pain, I would leave it for another week before trying again. So I played with Remmer on the ground. It was wonderful, and I got on him bareback and rode him home up the hill at the walk. No pain!

The next day I did the same again and tried the trot. No pain. So I cantered. No pain! With both of us having been off for a month, we were unfit, so I kept it slow and carefully developed our fitness over the next few weeks until finally we were back where we had left off. My knowledge of Fluidity meant that I didn’t get any sore muscles or brace in my body.

Somebody asked me how I was doing mentally and emotionally, if I was scared or nervous. Absolutely not! If I were, I wouldn’t be on the horse. I have worked with hundreds of fearful riders and horses, and something I know a lot about is thresholds and how emotionally damaging it is to cross them. The moment I felt any reservation, I would have stepped back and re-approached the situation. I trust myself. I follow my instincts. My confidence with horses is the most important thing I have, and I would do whatever it takes to protect it. I learned that from my master, Pat Parelli, and I pride myself on being an excellent student. 🐾

# Cooperation Please!

by Teri Sprague

*Do less sooner so you don't have to do more later! —Pat Parelli*

You can make a world of difference for your horse and for your vet by how you handle your horse to get him to cooperate during vet procedures. Do a little something the moment you sense the horse is heading toward opposition, and you'll save yourself from having to do a lot. By the time you and your horse master Level 1 On Line skills, you will have reduced his opposition reflex considerably. Some horses, however, due to innate characteristics or negative learned behavior, will need more help to be cooperative.

There are thousands of ways to help horses cooperate. It is not the purpose of this article to try to enumerate them, but rather to get you thinking categorically about the possibilities so that you can create your own techniques for the specific situations you may encounter.



## **FAST! FIRM! FAIR! FRIENDLY!**

Pat uses these words to describe the type of leadership that works for all Horsenality™, and each word has a “best fit” for one Horsenality™.

### **FAST**

Think of this as timeliness for all Horsenality™, but you must be physically and mentally quick for the Left-Brain Extrovert. This critter, even when not oppositional, will be into

everything—picking up tools, stealing nips of you or the vet, dumping buckets, constantly moving because he is curiously investigating all the new “toys.” By quickly distracting him you will enable your vet to be efficient and protect both you and him or her.

### **FIRM**

Think of this as effectiveness for all Horsenality™, but for the Right-Brain Extrovert it often means matching his energy and four ounces more, giving the horse a figurative “snap out of it slap” to snap him out of hysteria and elicit a response of “Thanks, I needed that!”—which, in Horseville, looks like licking lips and/or sighing and lowering the head.

### **FAIR**

Think of this as Principle #5—the Attitude of Justice—for every Horsenality™. Be firm without being angry and soft without being a wimp. This is especially important for the Left-Brain Introvert. If he feels you have been unjust—and at times it doesn't take much—you will actually cause opposition. Make sure your request is clear and soft (in the horse's opinion) before you get firm to follow through.

### **FRIENDLY**

Remember, every horse is a prey animal at the core, and as such he will perceive humans as predators—and none so much as the Right-Brain Introvert. You and your vet are guilty until proven innocent! Retreat, retreat, retreat! Wait! Wait! Wait! When this one learns to trust, he will look to you for answers.

It's always a good idea to play with your horse before the vet gets there, if that is possible and to have simulated the procedures several times until your horse is no longer bothered by them. Then, by using the Fast, Firm, Fair, Friendly formula you will be able to develop techniques that get your horse to cooperate in any situation. The accompanying chart will give you some ideas. 🐾

*Teri Sprague is a Licensed 3-Star Parelli Instructor and 3-Star Horse Professional. She has been a Parelli Professional since 1997. Besides teaching lessons and clinics and training horses, she has developed a Horse Behavior course for veterinary students, which she teaches at Colorado State University.*

### Extrovert

Goal: Promote positive action (stop moving his feet)  
Need you to be: Quick, decisive, action-oriented, firm

#### Left-Brain

Goal: Gain respect  
Needs you to: Be direct—with a smile on your face (playful attitude)

#### Left-Brain Extrovert

Play with mouth • Give lead rope to chew • Rub/play with lips and gums • Hold tongue • Provide food • Redirect focus/distract • Back up • Drive forequarters • Do the opposite times two • Block and drive aggressive acts

#### Left-Brain Introvert

Scratch withers • Back up • Move forequarters, especially the shoulder • Sideways • Go slower • “And then some”/Reverse psychology • Provide food • Block and drive aggressive acts

#### Right-Brain Extrovert

Lift to stop drift • Rub withers fast, firm • Allow mild forward drift • Lower head—to reduce adrenaline • Retreat/reapproach • Match energy + 4 ounces • Firm, friendly • Let me help you • Slow down • Sideways • Block and drive impulsive acts

#### Right-Brain Introvert

Horseman’s handshake • Wait Rub withers—slow • Pet/stroke/rub with permission • Do less, slower • Walk backwards and draw to you • Hold head gently under your arm • Wait for him to relax and offer • “For” him, not “to” him • Block and drive defensive acts

#### Right-Brain

Goal: Gain confidence  
Needs you to: Retreat, allow and support

Goal: Promote positive thinking (Stop moving his thoughts).  
Need you to be: Fair, Friendly, give lo-o-o-ong Phase 1, slow  
**Introvert**

→  
AR ONE SMART CHALUPA  
Chocolate palomino gelding by One Smart Peppy

→ →  
AR ESPECIALILBIT  
Bay gelding by Ill Be Smart

→ → →  
AR COLONEL REY CAT  
Black gelding by Colonel Doc Bar Chex



PHOTOS BY MOLLY MOORE

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with the foundation they need,  
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A PARELLI PREFERRED PRODUCT

# Sweat Pattern Secrets Revealed!

by Linda Parelli

*After every ride, every time, I peel off my saddle and pad and read my horse's back. The sweat patterns and lay of his hair will tell me a lot about how well I rode...or how badly!*

Yes, your horse will tell you, too, but sometimes horses are so forgiving that we miss the finer points that a Parelli saddle system will reveal. Parelli saddles expose rider error and problems with the horse's way of going.

When we developed these saddles, the most important element for the horse was the fact that the saddle hugged the horse's back rather than pinching and perching like a clothespin! Most saddles are fitted to a horse at rest, when his muscles are flaccid and his back is down, which is not how a horse is shaped when in motion. That's why so many horses have terrible trouble with saddles. Of course, they try to tell us through body language—such as not wanting to move or rushing stiffly with a choppy stride—but most people have only observed or felt their horse in a restrictive saddle, so it feels "normal." Sweat patterns and ruffled hairs can be the early warning signs that will help you make changes sooner for the benefit of your horse. Sometimes it's a badly fitting saddle at fault, but sometimes it might be you.

## Posture

A misshapen topline and uneven musculature are the longer-term results of a restrictive saddle, and even of poor riding posture.



For example:

*A narrow saddle* locks behind the horse's shoulders and causes them to hunch forward, which can also make the horse appear to have a long back and short neck. This in turn causes a shortened and choppy stride and makes the horse travel on his forehead, because the rider's weight is too far forward and he cannot bring his shoulders back to assume a better, more athletic posture. Many saddles also have wrongly shaped trees that push the horse's back down, preventing him from lifting his stomach and rounding up. This causes the hind legs to get strung out behind and presents difficulties with the canter and collection.

*A rider* can cause the horse to use all the wrong muscles. If he braces in the stirrups, rides a little too fast for the horse's balance (which makes him bracy and stiff), leans forward, grips with his legs or hollows his back. When you think about the principles of Fluidity you can see how this causes the horse to do the same thing. In Fluidity you have to do in your body what you want the horse to do in his body—pull your belly button up and lead with your tailbone, put your weight over your balance point and open your shoulders by pulling your armpits down.

## Sweat Patterns

For you to read sweat patterns, your horse has to have worked up a bit of a sweat; otherwise the dry and wet patches can be confusing. However, in a light sweat situation, if your horse is more sweaty behind his shoulders, that will tell you there is too much weight on the front of the saddle, so you'll need to look at adding (or shifting position of) a shim or two, and/or how tight you have your cinch. Thanks to the Theraflex Pad, you don't have to cinch or girth as tightly as normal, but you still do need it snug. Make sure you can get your hand under the girth; if not, it is too tight. And if it's too easy to get your hand in there, it's too loose!

When you have sweat under the entire saddle and pad area, that's when problems such as dry spots show up.

*Dry Spots on or behind the shoulders* will tell you that there is too much pressure/weight at the front of the saddle. This can

be caused by a narrow, pinching tree, by the rider leaning forward or bracing in the stirrups, or by the saddle being downhill rather than level. Solutions include a better-shaped tree (wider and properly angled bars), better rider fluidity, weight on the balance point rather than in the stirrups and adding (or shifting) a shim or two at the front. You can get more details at [www.parellisaddles.com](http://www.parellisaddles.com).

*Dry spots at the back*, under your seat, mean that your saddle is too uphill. Either you sit too heavily and tend to lean backwards or you have too many shims in the front, so you need to either take one out or add one in the back to level your saddle.

Dry spots can lead to white hairs, which are temporary unless the skin is getting crushed by the weight of a restrictive saddle that pinches against the shoulder blade (scapula). In that case it causes a scar defined by a solid white patch of hair.

### Ruffled Hairs

Here is the evidence of horse and rider disharmony! Ruffled hairs tell you about friction, and friction occurs when you and your horse are moving against each other in some way. This is most common in horses that are heavy on the forehand, because every stride feels like a downward plunge, causing the rider and saddle to jerk forward. As the rider, saddle and pad move forward against the lay of the hair, it gets ruffled. Extensive friction may even result in hair being rubbed off; that's why it's important to notice the slightest changes as early as possible. You can then remedy the situation and ensure your horse is comfortable.

*Ruffles behind the shoulders:* This tends to occur when the horse has a downhill way of traveling and is heavy on the fore-

hand (as described above). It can also occur when you brace in the stirrups, hold your shoulders tight—sometimes just on one side—or you drive with your seat and thus drive your saddle forward with every stride. The fact that your saddle has moved forward is a big clue here, because saddles don't slide uphill. You may even find that this happens when you're playing with your horse on the ground before riding!

In order to correct this problem, you need to learn how to keep your weight back and use transitions to help your horse get lighter on this forehand.

*Ruffles at the back of your saddle or pad:* This occurs in horses with big movement or those that have a hollow back and are shimmed in the front instead of in the middle, and especially when the rider is stiff in his or her hips and seat. Essentially the rider is holding the saddle still on top of a moving horse. Pedaling is a great way to improve your harmony with the horse and your ability to move with the lateral roll of your horse's back.

Friction can lead to white hairs appearing in a speckled or roan-like pattern. These are usually temporary and disappear with the seasonal change of coat. Excessive and prolonged friction could end up damaging the skin.

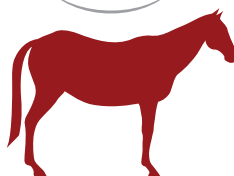
It is so important to ride fluidly and in total harmony with your horse, to improve his self-carriage, to take weight off the forehand and to ensure a pleasurable experience for your horse. The more you know and learn about what a horse's body is trying to tell you, the more savvy you get, and the better your results. A Parelli Saddle is like your personal riding instructor—it will point out what you need to fix and tell you when you are doing it right! For further reading and education, go to [www.parellisaddles.com](http://www.parellisaddles.com). 🐾

When you use a Parelli Saddle system, the reversal of the problems listed above are astonishing! We've learned how to read a horse's body, and you can too. You'll know what your horse is trying to tell you and how to improve things dramatically for him.

We have saddle clinics specifically to help you learn more about your horse's body. Our saddle clinics are more than saddle "makeovers." They are in-depth studies of biomechanics, posture analysis, how to free up a horse's back...and yours. It's amazing!

To find out if there's one scheduled in your area, contact your Parelli Instructor or check out the information on [www.parellisaddles.com](http://www.parellisaddles.com) / Saddle Specialists and Clinics. IF YOU HAVE A GROUP TOGETHER and wish to schedule a TEST RIDE CLINIC in your area, please email [parellisaddles@parellisaddles.com](mailto:parellisaddles@parellisaddles.com) with your request.

### Restrictive Saddle Result



### Comfortable Saddle Result



## The DVD that explains it!

*Concept, science and instruction, including shimming, saddling and troubleshooting.*

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Parelli Saddles

# From Introvert to Extrovert

## Personal Development Saga by Sandy Ruiter

*As far back as I can remember, I have been a hugely introverted person. I always preferred to be alone, left alone, and then I was fine. Crowds scared me, and people approaching me made me want to run away.*

I am told that as a very small child I was an extreme extrovert. I would walk up to people and ask them questions about their clothing or hair and not have a care in the world that I had no idea who they were.

In junior kindergarten the curiosity was knocked out of me by a teacher that scared me enough to initiate my hiding under chairs to escape her. That one teacher changed the course of my life for a very long time. It is interesting how much of

an impact those who teach have on their students; it is a very large responsibility.

There may have been more to it than the one incident, but that stands out the most in my mind. That event began my slide into introversion. In school I rarely spoke up, and only if asked directly. I sat alone and read my books; I had few friends. School intimidated me. So many people crammed into one space, and no way to escape, because it was against the rules.

A side effect of being introverted was being very good at following the rules, because I never wanted the attention I might have gotten by being different.

My fight with introversion didn't just affect school, though. I had a hard time being where there were more than five people, unless they were family members. People just flat-out scared me. I didn't know how to be with them and only wanted to be left alone. I became, and still am, a bookworm to avoid people. People tend not to talk to you when you are engrossed in a book, which was just what I wanted.

A lot of the time I fought with myself, wanting to be part of a group so I didn't stand out, and then just wanting to be alone because the people annoyed me, but not wanting to be a loner. Through the end of high school I got over that and ended up being alone whenever I could, which suited me fine.

Right before I started high school I got my first horse. This only encouraged me to be alone even more. I wanted to spend time with him and my other animals. Anyone who knows me would describe me as wanting to be with animals more than people, and that is true. Being with people was hard; being with Dakota was easy. It's not difficult to see which path got taken and why. After high school I went into a new program that I hoped I would like. When I got there, I made the conscious decision to act differently. I



went to elementary, middle and high school with all the same people; they had an expectation about who I was, and that affected my behavior. Now, with a fresh start, I decided to try to be more of an extrovert. I tried, and it worked for a few days, but I eventually gave up and faded into the background once more.

It was around this time that I started the Parelli program. That alone was huge leap for me, as I didn't have any previous experience with it. There was a clinic being held locally, and I made a commitment to attend after having only email contact with the organizer. Showing up at the clinic by myself was a success for me. I had never wanted to go to new events alone; I always had one person with me who was my safety net. But there I was, all alone. I wandered a bit, registered and found the clinic organizer. I thought brave thoughts and introduced myself. I was welcomed with enthusiasm. What a surprise! I don't know what I was expecting, but it certainly wasn't that!

*Knowing that I am comfortable in my own skin, awkward as I am, but still learning and progressing, is very comforting.*

The clinic began, and I was rapt, taking notes and watching things closely. Over the next three days I made some friends and learned a whole bunch about horse behavior. I went home and began to study in earnest with my own horse, and we progressed well. I stayed in contact with the clinic organizer, and we became good friends. She would have play days occasionally, and I was able to bring my horse to a few of them.

In the spring I attended my first Linda and Pat Parelli event in Harrisburg and was overjoyed with the sense of familiarity and positivity flowing around the venue. I had never talked and smiled with so many strangers in my life. We all had a common bond, and everyone there was completely enthusiastic. Questions I had were happily answered by volunteers and staff, and I was never afraid to ask. That was a big deal to me!

The week after the Parelli event there was another clinic, and this time I brought my horse with me. We played, learned and passed our Level 1 that weekend—another weekend of talking to strangers and making new friends. I didn't realize it at the time, but my hesitation with people was fading! The program kept reiterating how this is a people training program, not a horse training one, but I had no idea at the time how deeply it would affect me.

Time went on, and I continued to learn and absorb all the information about horse behavior I could find. When the

Liberty and Horse Behavior class came out on DVD I was ecstatic. I saved up to purchase it and watched it several times. Many of the lectures on leadership hit home with me—how I needed to stop being a follower and realize that I am capable of leadership (not so much with my horse, but with people). I have mostly been able to be there for my horse but hadn't been able to transfer that into the human world. Slowly I was figuring out how to cross that bridge.

An article in *Savvy Times* by Dr. Stephanie Burns helped me a lot. It was about crossing the Silly Bridge. I must have read it forty times before I finally understood what it was trying to tell me. Adapting her axiom "Savvy lives across the Silly Bridge," I changed it for myself to "Confidence lives across the Silly Bridge." As much as I tried to deny it, my life was plagued by "What will other people think?" Having that arrow in my quiver helped and continues to help me immensely. Knowing that I am comfortable in my own skin, awkward as I am, but still learning and progressing, is very comforting.

In September of 2007 my friend the clinic organizer and I made the journey to Pagosa Springs, Colorado, to attend the annual Parelli Savvy Conference. I had to take three planes to get there. At two airports I had to talk my way onto the plane due to mass delays. Me, talking to absolute strangers, basically pleading with them to let me onto the plane. When we finally got there we drove someone else from the plane down to the city, because they were going to the same place. The three of us talked all the way there. We spent almost a week there, and the place we stayed was a shared cottage. I talked and made friends and shared a roof with three people I had never met before.

During the conference itself there was more of that signature positive energy. Everyone was happy, smiling and speaking with everyone else. At times I found myself retreating a bit into myself, but at those times I tried very hard to push myself back out, make friends and talk to people. I think it worked. Saturday night was a very large breakthrough for me in crossing the Silly Bridge. Throughout my life I have had a major aversion to dancing. I lack grace and coordination with music, so I avoided dancing. Here I was presented with an opportunity to learn a style of dance mirroring the games I played with my horse with a super-enthusiastic partner in the form of one of my new housemates! I stepped up (after some initial poking and prodding) and had the time of my life. I committed to fully crossing that bridge and just had fun.

Coming back from conference, I felt like a different person. I felt confident and happy with myself and exuberant around other people in a way I haven't felt before. A few months later I applied to be a volunteer at the next Parelli event in



Harrisburg, PA. After applying I did have some second thoughts. I wasn't sure if I could actually go out and be one of those friendly faces I had felt so comfortable asking questions of. All that went away when I found out I had been accepted. I wanted to share this enthusiasm with people, and this was an outlet for that.

The event was amazing. I tried to be outgoing, helpful and friendly. I talked to tons of people, made friends and answered questions. All by myself! It was around then that I started to realize I was changing. Three short years ago I would not have imagined myself voluntarily standing in front of thousands of people, helping to take care of things. Being part of the Parelli program has been nothing short of life-changing for me. I have gone from being an extreme Right-Brain Introvert to a mild Left-Brain Extrovert. That's a pretty big jump, if you ask me!

As valuable as this progress has been, it has presented some interesting developments in my horsemanship. When I began this program both my horse and I were Right-Brain Introverts. I began the program mostly to deal with an extremely Left-Brain Extrovert two-year-old that I was having a hard time with. My gelding (Right-Brain Introvert) and I made great progress. We were both on the same wavelength. When he needed time to assimilate information, so did I, so I would stop and wait with him. When I stopped and waited with my filly (Left-Brain Extrovert) she caused problems and thought up plots to wrap me in the 12-foot Line. We got to the point where I could control her and be safe, but for a long time no more than that. My gelding and I, however, excelled. We were able to do lots of things we couldn't before.

Until now, that is. As I grew more and more extroverted my work with my filly got better and better, while with my gelding it slowly plateaued or got worse! I recently realized that this is due to the fact that I am now more extroverted and unconsciously using extrovert strategies on an introverted horse!

*How interesting!*

Now that I can finally see that I am a different person than I was before, I can put myself in check when we play and hopefully go back to caring for the introvert side but still be able to turn on the extrovert when I play with my filly. It will be a careful balancing act for sure.

As of today, my Myers-Briggs Personality Profile tells me this: Your personality type is ISTP.

Introverted (I) 71%	Extraverted (E) 29%
Sensing (S) 59%	Intuitive (N) 41%
Thinking (T) 55%	Feeling (F) 45%
Perceiving (P) 68%	Judging (J) 32%

This is a change in the last six months. My previous profile has consistently been INTJ. Whether the change is positive or not, I am not sure, but it feels very much like progress.

My conclusion about my entire cycle of growth is that it has been caused by studying the Parelli program. If I had never stepped outside my comfort zone, I never would have learned what I didn't know and what I wasn't feeling. Yes, I am still introverted in some instances, but each day I work hard to become more of an extrovert, or at least a less extreme introvert! The program helped me learn to be who I want to be, regardless of what others think.

What other people think of me is none of my business! 🐾



# Great to See You!

*Levels graduates since 1993 pose proudly with Pat Parelli at the Madison, WI and Kansas City, MO Celebration events!*



*Level 1 Graduates  
Madison, WI Celebration*



*Level 1 Graduates  
Kansas City, MO Celebration*



*Level 2 Graduates  
Madison, WI Celebration*



*Level 2 Graduates  
Kansas City, MO Celebration*



*Level 3 Graduates  
Madison, WI Celebration*



*Level 3 Graduates  
Kansas City, MO Celebration*



# Official Graduates

*Congratulations to the new Levels Pathway Graduates! June 2009-August 15, 2009*

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*(On Line+FreeStyle+Liberty+Finesse)*

Jackie Chant, New Zealand  
Nita Jo Rush, USA  
Lin Johnson, USA

## **Level 4 On Line**

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Kate O'Reilly, New Zealand  
Kaye Thomas, Australia  
Chris Vandenberg, Australia  
Eefje Veenstra, Netherlands

## **Level 4 FreeStyle**

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Mariah Thompson, USA  
Chris Vandenberg, Australia

## **Level 4 Liberty**

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Alejandra Gonzalez, Costa Rica  
Chris Vandenberg, Australia

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*(On Line+FreeStyle+Liberty)*

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Judi Burns, USA  
Cheryl Burt, USA  
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Elaine Coxon, UK  
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Silke Hardeland, Australia

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Karen Jones, USA  
Carla Kalogeridis, USA  
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Rosanne Van Der Pol, Netherlands  
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Tanya Bennett, Australia  
Chelsea Best, USA  
Anne Bormida, USA  
Bjorn Braaten, Norway  
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Sarah Brady, Ireland  
Louise Broadway, UK  
Gina Burn, Australia

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Vicki Bushell, UK  
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Marie Chance, USA  
Petra Christensen, USA  
Fleur Churchill, UK  
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Vicky Clink, UK  
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Caroline Davis, USA  
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Kayla Wells, USA  
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Kathy White, Canada  
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Julie Verstraete, Belgium  
Briana Visser, USA  
Lisa Warren, Australia  
Jennifer Woo, Australia  
Colleen Wood, USA



## Level 2 Graduates

*(On Line+FreeStyle)*

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Cory Akin, USA  
Lori Albers, USA  
Elisa Allen, USA  
Sherri Anderson, USA  
Danna Ayers, USA  
Jeanette Baerwald, USA  
Elin Barton, USA  
Laura Becker, USA  
Carla Benson, USA  
Chelsea Best, USA  
Lynn Billeter, USA  
Birgit Boelk, USA  
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Catherine Brazil, USA  
Barbara Brim, USA  
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Nikki Goodwin, USA  
Sharalee Goodwin, Australia  
Petra Grimm, USA  
Holly Halvorson, USA  
Susan Haubenstock, USA  
Annie Heilman-Murphy, USA  
Ingrid Henigar, USA  
Megan Hill, Australia  
Jessica Hobbs, USA  
Tracy Holdsworth, UK  
Rachel Holmes, UK  
Melanie Horwath, USA  
Hana Hosking, New Zealand  
Carol Hudson, USA  
Sigrid Hueimmer, Germany  
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Patricia Humphery, USA  
Kristen Hunnicutt, USA  
Lisa Hurrell, UK  
Paula Hurst, Australia  
Monika Janezikowski, Germany  
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Mirjam Koolmees, Netherlands  
Rowena Laing, UK  
Anita Lockwood, USA  
Julie Mackenzie, Canada  
Corinne Markov, Australia  
Debbie Marley, USA  
Avril Marten, Australia  
Laerke Martinussen, Denmark  
Sue McFadyen, UK  
Jacqueline McKay, UK  
Martina Meyerhoeffer, USA  
Ellen Meyers, USA

Rebecca Mogielski, USA  
Dominique Murray, Canada  
Caroline Neuner, Austria  
Misty Nichols, USA  
Gail Noble, UK  
Anne Northrup, USA  
Tanya Nutting, USA  
Nancy Ortiz-Sharp, USA  
Karin Ortner, Austria  
Annyka Overton, Australia  
Alison Paczkowski, USA  
Gracie Patina Frics, USA  
Jane Perez, USA  
Shunanda Pertlett, UK  
Zuzanna Poprawski, USA  
Karen Pyne, Canada  
Charlotte Rancourt, USA  
Joan Rasmussen, USA  
Bonnie Rentz, USA  
Robin Rich, Canada  
Mary Jean Riley, USA  
Zachary Rios, USA  
Dru Lucia Roia, USA  
Elizabeth Anne Rollings, USA  
Maria Rossana Santangelo, Italy  
Krysten Schuler, USA  
Kerri Schultz, USA  
Annabel Shepherd, UK  
Michael L. Simmons, USA  
Larina Smith, Australia  
Susan Sol, USA  
Jayne Solberg, USA  
Sue Solf, Canada  
Kathy Sothern, USA  
Angelia Stabs, USA  
Patricia Stavely, USA  
Lori Streeter, USA  
Sheri Swartz, USA  
Karolina Szczepanska, Poland  
Cornelia Teegenq, Germany  
Lola Timewell, Australia  
Amy Torpey, USA  
Angela Torres, USA  
Jo Tucker, UK  
Kamila Tyran, Poland  
Russell Van Cleve, USA




Gemma Van Maarseveen,  
Netherlands  
Wilma Van Wyngaarden,  
Canada  
Sandra Vann, USA  
Norma Vela, USA  
Paisley Walker, Australia  
Pam Warthen, USA  
Sharon Weimer, USA  
Lilian Weiss Hultborn, Sweden  
Miranda Wells, Australia  
Carol White, USA  
Deni Whiting, USA  
Kathryn Willcox, UK  
Jena Wozniak, USA  
Bea Wrekenhorst, Netherlands  
Ingrid Wuytjens, Belgium  
Rebecca Young, Australia

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Christine Alexander, Canada  
Gillian Alexander, UK  
Jennifer Appleby, UK  
Jamie Augustine, USA  
Debi Austin, Canada  
Jeenie Barden, USA  
Beth Barling, UK  
Jenni Barrett, Australia  
Erin Benzie, USA  
Jeanne Berry, USA  
Greta Biancalani, Italy  
Beulah Bigley, USA  
Stefanie Boen, USA  
Melissa Boord, USA  
Eden Bowen, USA  
Kara Braddock, USA  
Kelli Braddock, USA  
Iris Broennimann, Switzerland  
Janine Buckely-Hewing, UK  
Adele Buckley, Ireland  
Catherine Buckley, USA  
Pat Byrum, USA  
Michael Cappello, USA  
Lynn Cash, USA  
Mary Clarke, USA  
Kristina Cordiero, USA  
Julie De Keyser, Belgium  
Zoe Dewson, New Zealand

Donna Dowell, USA  
Pegs Drewry, USA  
Joy Duellman, USA  
Lucinda Eaton, USA  
Christine Edberg, USA  
Puk Elmsdal, Denmark  
Julie Fenoglio, USA  
Taryn Fortenberry, USA  
Suzan Franz, USA  
Kirsi Fung, USA  
Silvia Furter, Switzerland  
Becky Green, USA  
Mary Guthrie, USA  
Joel Hall, USA  
Patti Hall, USA  
Maria Hallback Nilsson, Sweden  
Tanya Hammond, UK  
Dave Hauser, USA  
Clare Heath, UK  
Lisa Hertzog, USA  
Carole Hofmann, USA  
Petra Hotz, Australia  
Nancy Ann Huber, USA  
Kira Hydock, USA  
Carol Ann Johansen, USA  
Karrina Johnston, Australia  
Brigitte Jones, USA  
Lauren Kelly, USA  
Susan Kemp, UK  
Bonnie Kerr, USA  
Diane Killingsworth, USA  
Suzanna King, USA  
Debbie Kirchner, USA  
Susanna Klinger, Austria  
Richard Knopf, USA  
Kerrin Koetsier, UK  
Slawomira Konieczny-Skalska,  
Poland  
Lu Ann Lackey, USA  
Jayme Lang, New Zealand  
Ciampa Lasallian, Australia  
Myra LeGrand, USA  
Margaret Lewis, USA  
Kristen Lindholm, USA  
Audrey Liskey, USA  
Jean Lowe, UK  
Betsy Macfarlan, USA  
Hanna Malmberg, Sweden  
Bianca Martell, Canada

Laurence Martin, USA  
Christine Matassa, USA  
Fiona McIntosh, UK  
Cindy McIntyre, USA  
Barbara McMillin, USA  
Lisa Millman, UK  
Jenny Mitchell, UK  
Angela Monk, UK  
Sandra Niemela, USA  
Christian Nimmervoll, Austria  
Kelly Notch, USA  
Cheyenne Olson, USA  
Sarah Ortner, Austria  
Britt-mari Oskarsson, Sweden  
Carlos Osorio, USA  
Brian Ousby, UK  
Jackie Parsons, UK  
Paige Person, USA  
Elisabeth Pfleger, Austria  
Terri-Lynn Picard, USA  
Mary Carol Pons, USA  
Sian Randell, UK  
Peggy Reitmajer-Stietzel,  
Germany  
Rebecca Remillard, USA  
Francine Riehle, USA  
Elly Robb, UK  
Elske Romeijn, Netherlands  
Vicki Rominger, USA  
Chantal Roosen, Belgium  
Lillan Roquet, USA  
Becki Salatin, USA  
Sherri Sands, USA  
Karen Saylor, USA  
Tracey Schwartz, USA  
Branden Schwinge, USA  
Maggie Shaw, USA  
Debra Sinner, USA  
Skawomira K. Skaksja, Poland  
Karen Smith, USA  
Maddison Smith, Australia  
Rosemarie Standish, Canada  
Elisabeth Steinmetz, Austria  
Wendy Straderick, UK  
Agnieszka Szacilowska, Poland  
Marlene Takle, USA  
Kate Taudevin, Australia  
Patti Tebow, USA  
Patti Tobows, USA



Ilian Trichopoulos, Netherlands  
Tina Trimble, USA  
Lisa Turk, Canada  
Lia Van Der End, Netherlands  
Sylvia Van Dinther Miller, USA  
Ruth Vaughan-Henry, UK  
Luis Antonio Vildrid, USA  
Rebecca Von Richenbach,  
Switzerland  
Elke Wagner, Austria  
Justine Ward, UK  
Katharine Wiebe, USA  
Karen Wimpy, USA  
Pegi Witte, USA  
Deb Wolters, USA  
Judy Wright, USA  
Michelle Young, USA  
Molly Young, USA  
April Zendarski, USA  
Holly Zendarski, USA

#### Level 2 FreeStyle

Val Banks, UK  
Hanneke Brouwer, Netherlands  
Catherine Conway, Australia  
Tasha Cottam, UK  
Susan Cushing, USA  
Alanna Ferrell, USA  
Anna Flackman, Sweden  
Angela Gray, Canada  
Martha Heiland, USA  
Leclercq Ghaddab Laurence,  
France  
Lesley Livingstone, Australia  
Christine Mahoney, USA  
Joseph McCambridge, UK  
Lucille Menzies, USA  
Jo Meyer, USA  
Gabriele Neurohr, France  
Ingegerd Olsson, Sweden  
Joan Ray, USA  
Marlies Reihofer, Germany  
Sue Rodgers, UK  
Tara Saley, USA  
Darlene Sharpe, Canada  
Dina Stark, USA  
Virginia Taylor, USA

Jane Williamson, USA

#### Level 1 Graduates (On Line)

Gautier Albane, Belgium  
Doug Algire, USA  
Lorena Althaus, Switzerland  
Andrea Aman, USA  
Lindsey Anderson, Canada  
Ali Atkins, USA  
Grace Baade, Australia  
Bruce Baltrusch, USA  
Charlie Baltrusch, USA  
Mary Barczak, USA  
Mandy Bartholomew, UK  
Heather Baskey, Canada  
Lily Batten, UK  
Marilyn Belcher, USA  
Elecia Bennett, USA  
Kathleen Berlick, USA  
Pascale Bika, Norway  
Jordan Bingham, USA  
Robin Blood, USA  
Marina Boetschi, Switzerland  
Floor Bouwsma, Netherlands  
Ann Bowman, UK  
Sandra Brewer-Mason, USA  
Alecia Brimson, Australia  
Sarita Brink, USA  
Hunter Brown, USA  
Christine Browne, Australia  
Jonathan Browne, UK  
Missy Hanes Brunick, USA  
Amy Cecil, USA  
Marlene M. Claflin, USA  
Martin Clifton, UK  
Nancy Cline, USA  
Kellie Cochran, Australia  
Eileen Coe, USA  
Susan Colbert, USA  
Debrah Coleman, Australia  
Sean Coleman, UK  
Bliss Connor, USA  
Fiona Cowton, USA  
Laura Davis, USA  
Chuck de Sibour, USA  
Melinda De Smidt, UK

Elaine Delaney, Australia  
Michael Delaney, Australia  
Anne-Catherine Dens, Belgium  
Helena Dens, Belgium  
Bailey Dover, USA  
Kristen Dowell, USA  
Rhonda Dowell, USA  
Tina Doxtader, Germany  
Donna Durant, USA  
Constance Dyck, Canada  
Mary Alice Edwards, USA  
Saskia Eijkelkamp, Netherlands  
Lois Elliott, Canada  
Louisa Ellison, Australia  
Leah Erickson, USA  
Jan Evans, USA  
Hallie Fernandez, Australia  
Becky Ferry, UK  
Elaine Fisher, UK  
DeAnna Fitzgerald, USA  
Ardella Follmann, USA  
Geraldine Forrestal, Ireland  
Hailey Frack, USA  
Laura Fritz, USA  
Amy Fromherz, USA  
Ardyth Gadille, USA  
Joyce Getrost, USA  
Christian Geyer, Austria  
Karen Gibbs, Australia  
Belinda Good, UK  
Amy Goss, USA  
Jessica Gray, Canada  
Izabela Green, Australia  
Robyn Grice, Australia  
Madelon Groenveld, Netherlands  
Ellie Gudgin, UK  
Cindy Gulbrandson, USA  
Jeff Gulbrandson, USA  
Ruth Guthrie, UK  
Belinda Hall, Australia  
Suzanne Hall, USA  
Sydney Hall, USA  
Shirley Hallett, UK  
Arianna Halverson, USA  
Laura Hamilton-Guenther, USA  
Lloyd Hanes, USA  
Missy Hanes Brunick, USA

Brittney Hanna, USA  
Jeremy Hawke, USA  
Elizabeth Hawksworth, UK  
Carole Hawthorne, UK  
Barbara Hiden, Austria  
Joanne Hill, UK  
Kim Hills, Australia  
Daryl Hollander, USA  
Robert Hone, USA  
Michael Hooper, USA  
Carol Hopkins, USA  
Beverley Horton, UK  
Julie Houghton, UK  
Judi Howard, UK  
Michelle Howard, USA  
Christy Hudgins, USA  
Jan Hunnicutt, USA  
Jennifer Hylton, UK  
Rita Ibarra, USA  
Teresa Jackson, USA  
Hertha James, New Zealand  
Sarah Jensen, USA  
Kerry Johns, UK  
Janina Jolley, USA  
Holly King, UK  
Lisa Klaesi, Canada  
Julie Anne Koetsier, UK  
Kate Joy Koetsier, UK  
Paula Kooyman, Netherlands  
Mary Ann Kressin, USA  
Maria Kroke, Austria  
Marja Langelaan, Netherlands  
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Anna Lehmeier, Germany  
Jens Lindvig, Denmark  
Elisabetta Lo Nigro, Italy  
J.J. Loggins, USA  
Jeanne Lucas, USA  
Anna Lynch, Australia  
Sarah Lynden-Bell, Australia  
Rebekah Macaluso, USA  
Beth Maney, USA  
Barbara Martin, New Zealand  
Elizabeth Maxwell, USA  
Lisa May, Australia  
Sarah McCreadie, UK  
John McGinnis, USA  
Andie McKevitt, USA  
Janet Merritt, USA

Kim Merritt, USA  
Alison Micovski, Australia  
Agnieszka Mierzwinska, Poland  
Annette Miles, USA  
Veronica Millar, UK  
Becky Mitchell, UK  
Jena Mitchell, USA  
Silke Molnar, Australia  
Pippa Morris, UK  
Lisa Morrison, USA  
Renee Mudford, Australia  
Kirsten Mundell, Scotland  
Michelle Murray, Canada  
Suzanne Neal, USA  
Rhonda Neforas, USA  
Janet Nicholas, USA  
Petra Nickolay, Germany  
Courtney Niemela, USA  
Job Olive, Spain  
Susan Peltier, Canada  
Roxanne Peters, USA  
Genevieve Peterson, Australia  
Sharon Peterson, Australia  
Rufin Petit, Belgium  
Zelia Petit, Belgium  
Jessica Pietsch, Sweden  
Thierry Pinguet, USA  
Marion Princic, Sweden  
Marta Pvigagut Argemi, Spain  
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Russ Saylor, USA  
Kristen Schmidt, USA  
John Schmolli, USA  
Claudia Schubert, Germany  
Debra Selinger, USA  
Michael Send, Germany  
Jai Sequoia, Canada  
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Krystina Standish, Canada  
Mary Ellen Sutherland, USA  
Julie Tampke, USA  
Tammy Tibbs, USA  
Kala Ulm, USA  
Linda Van Gorkum,  
Netherlands  
Jennifer Voorhees, USA  
Steven Voorhees, USA  
Heike Vorbeck, Germany  
Margriet Wannigen,  
Netherlands  
Seth Warner, USA  
Sarah Watt, UK  
David G. Weldon, UK  
Jenna Wellborn, USA  
Penny Wells, Australia  
Marlene West, Australia  
Kim Wetherbee, USA  
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Alisa Wiggans, UK  
Isabel Williams, Canada  
Daniel Wingate, USA  
Ella Wingent, UK  
Erin Wood, Australia  
Mick Wood, Canada  
Sue Yoncuski, USA

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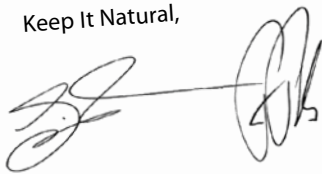
# Savvy Club Upgrades!

For years, and years and years many of you have asked for more. Like me, you are on this thirsty quest for knowledge, and you can't get enough! It's taken us a long time (sorry!), but finally we have found a way to give you two new levels of more—more education, more inspiration, more more!

Savvy Club Silver gives you twelve audio CDs with Pat (one per month) and four Mastery Manuals. Via the CDs we give you access to the hundreds of "fireside chats" that Pat used to have with us at clinics and camps many years ago—something we haven't known how to pass on to the hundreds of thousands of Parelli students around the world now. And the Mastery Manuals give us an avenue in which to share in-depth studies on key subjects such as the independent seat, confidence, focus, feel, etc.

Savvy Club Gold gives you the same audios and all twelve manuals for the year. One of our Gold Members said after receiving her "loot" that she saw this as a home study course that would propel her faster and more deeply into her quest for ultimate horsemanship. On top of that, we are able to offer members of Savvy Club Gold a dedicated Gold Hotline that takes you directly to one of our highly qualified faculty members at the Parelli Center. You can talk about your situation and receive one-to-one coaching and advice. The Savvy Club is not just a collection of DVDs and magazines; it is a way to stay connected to Pat Parelli, to focus on new lessons every month and access a vast archive of valuable information via the Savvy Club Vault on our website. It's about never-ending self-improvement. And stay tuned—there are some exciting new developments on the horizon for you!

Keep It Natural,



Linda and Pat Parelli

## What people are saying...

*Gold hotline—The faculty member was very kind and helpful. I love having this type of access to professionals and am really enjoying my gold membership.*

*I'm a Silver Savvy Member and therefore receive the audio CDs of Pat's messages. I don't usually prefer CDs because I never listen to them in my car and just don't take the time to listen to them at home. However, the CDs from Pat are terrific. It feels as if he's sitting on a chair across from me, fireplace burning, and talking just to me as a friend with a cup of coffee in hand. Maybe I should have a portrait of him sitting on my end table so I can look at it as he speaks! It's laid back and fun, and I learn more things. I have every Parelli DVD, every packet of materials, and yet there's always more to learn and know. Keep them coming! It never ends.*

*The tele-seminar was great! I was amazed at how many questions got answered, and the hour went by very quickly. Looking forward to the next one! Thanks a lot!*



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## 2010 EVENTS

# Don't Miss Your *Chance* to *See Us* Next Year!



### Horse Expos

See Parelli Professionals and high level students share their horse savvy and excellence with you! Our aim at these events is to inspire, motivate and be the 'best me's, that we can be'!



### Celebrations

2-day events designed to inspire and attract new horse lovers to our program as well as a 'celebration' of natural horsemanship. This is the perfect event to help inspire your friends to begin their Parelli journey.



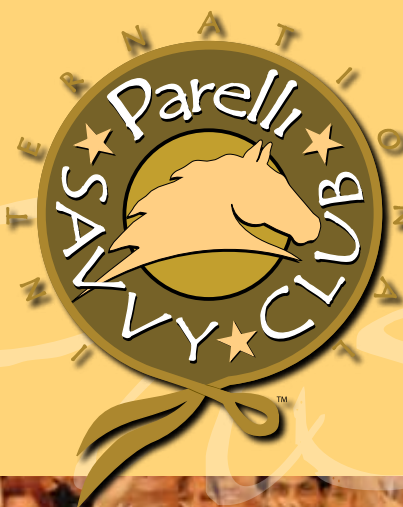
### Savvy Conferences

3-day events designed for specifically for Savvy Club members. Education and inspiring members to achieve 'new' heights with their horses is our focus. Also a chance to reconnect and share ideas with other horse lovers.



### PLUS don't miss us at the World Equestrian Games!

A unique event that will attract competitors from all over the world. Eventing, Reining, Dressage, Showjumping, ParaDressage, Vaulting and Driving will all be featured. Parelli has a presence over the 16 days in the Equine Village, with Pat, a Savvy Team plus our booth and Lauren Barwick! Demos will be 30-45 minutes long. Being part of WEG is a huge opportunity for mainstream exposure of our program.



# The *ultimate* way to train your *horse*

Parelli offers you rapid and lifelong improvement and  
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