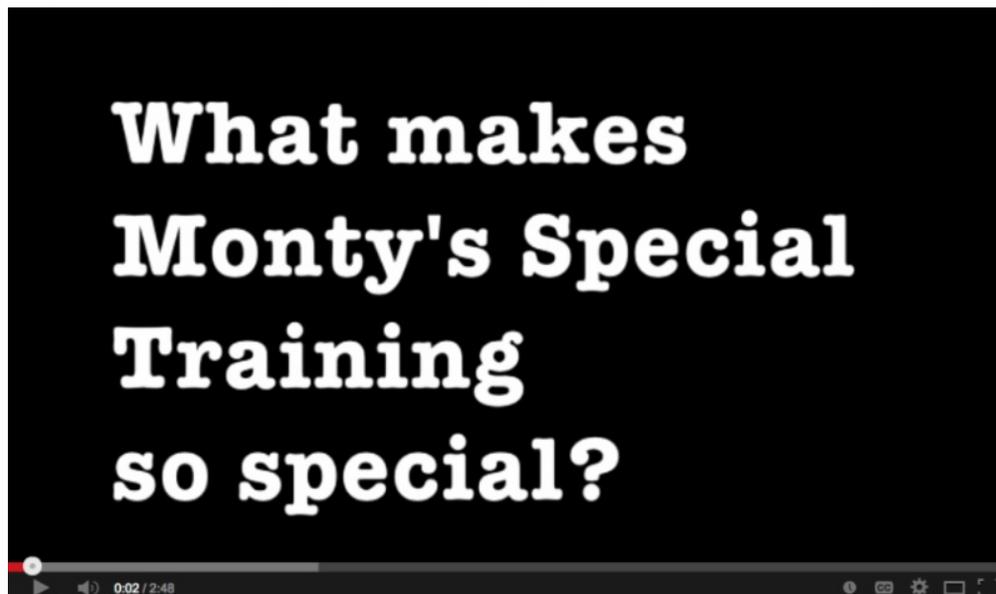




Wednesday July 23, 2014

Greetings!

What is the best time of day to ride your horse? See Monty's answer in the Questions and Answer Column below. If you have an original question, we have the perfect forum for you to ask Monty in person! Watch this short clip:



IN THIS ISSUE

[Monty's Question and Answer](#)

[Equus Online Uni](#)

[Rearing Stallion Story](#)

[The Royal Stables](#)

[Where Is Monty?](#)

[Spread the Word](#)

[Get the E-news Each Week](#)

[Monty's Principles](#)

[Monty's Challenge](#)

[Monty on the Radio](#)

[Life Lessons from Monty](#)

[Monty on TV](#)

E-News Delivery

Do you receive this FREE letter with Monty's Question and Answer weekly?

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<http://www.montyroberts.com/category/montys-question-and-answer-space/>



MONTY'S QUESTION AND ANSWER

Question:

First of all I would like to thank you for [your online university](#). I really admire your ethos and good work you have done. I feel very privileged to be an EQUUS online member and have learned so much already. After studying your videos I recently completed my first Join-Up with great success - it was very exciting and I now look forward to trying more of your methods to help a very spooky Arab gelding that I loan.

My question for you is, are there better times of the day to ride? And times that we should avoid exercising our horses? I work full time in London and often do not get up to the barn until gone 7pm. The other option is to ride before work so very early morning. I am guessing horses can be like humans, especially older ones, where they

may be a little stiff in the mornings and this should be taken in to consideration, i.e. give the horse longer to warm up. But what about in the evenings - can it be harmful to ride a horse before bed time? I know they do not sleep all night like we do but I imagine once the sun goes down their body goes in to a restful state and so maybe exercise could delay or disturb this down time.

Monty's Answer:

Thank you for your interesting question. It certainly should win a prize for being the first time this question has been asked, at least in my memory. There is no question that certain times of day are more appropriate for riding your horse than other times might be. These choices ought to be made with a full understanding of the daily routine of the horse in question. Feeding times are extremely important to take into consideration when choosing riding times. Each stable routine is unique and must be closely considered.

Riding immediately before the feeding time is inappropriate. It is just as inappropriate to ride for at least one hour after feeding time. Some operations have flexible schedules and can meet the needs of the owner involved. Others have specific schedules with little variability. It is your obligation to make yourself aware of feeding schedules before selecting the riding time. I would not worry so much about riding after dark unless there is a safety issue involved regarding the area available for your riding schedule.

Some stable schedules will allow for very early feeding. This might allow one to ride between 7-8 am because of a 5 am feeding time. Some stables will feed light at 5am with a heavier feeding schedule for 10 am or 11 am. This is a very good schedule for many owners because it allows them to go to work at 9 am or so. The after work hours can work well if the feeding time is at around 4 pm allowing for riding after 5 pm. I am not so concerned with horses being stiff in the morning or tired in the evening.

Monty's Principles

I Wanted to Be a Horse

I'm 65...I've always loved horses, actually wanted to be one when I was a young girl. Woke up one morning and decided, I wanted to hug a horse. I called a stable, went there and she handed me a brush and then asked if I would like to ride him. He is a gentle pony, and I've been riding him now for 6 weeks. Being on a horse is being next to God! I just watched your video of "[Join Up](#)", and I just received [your book "Shy Boy"](#) today in the mail.

The owner of the stable rescued a miniature pony that is very people shy and asked if I could come and talk to him whenever I want. I am looking forward to trying to get him to trust me. Thank you for being on Facebook so I can tell you how happy you have made me with that video and your knowledge of horses! Oh I love them so much!!

Paula Eileen Mollica

[Editor's Note: read more at www.Facebook.com/MontyRoberts]

Monty's Challenge



Horses have an ability to adjust to reasonable schedules but it should be noted that they love a consistent routine. One should be careful not to overdo the week-ends and attempt to stay fairly close to the routine established for the week days. Owners may well ride longer on the weekends but keep the work load relaxed and enjoyable. It is the owner's responsibility to consider weather patterns in the geographic location so as to keep the riding times enjoyable and safe for the horse as well as the rider.

Certain areas of the world are extremely hot during the middle of the day. This represents one of the most uncomfortable conditions a horse can face. Close consideration of the horse's comfort should be taken in the desert areas where extreme heat is a factor. Horses can handle extreme cold better than extreme heat however I see conditions should be noted as a danger where hoof traction is concerned. Some city dwellers ought to take into consideration high traffic times if this might be a safety concern.

Please let us know if we have answered this question adequately.



Test yourself each week as I challenge you to answer the question below. I mean this. Sit down and write an answer. Don't wait for my answer next week. If you have been reading my Weekly Questions and Answers for the last six months, you should be in a position to do this. Send your answer to my team at: askmonty@montyroberts.com

Why should you bother? Because it will help you focus. There is probably a comparable question in your life that needs answering - or will be. If you can gain insight into how to go about answering a practical question that is loosely related to your problem, this exercise will help you answer your nagging question. Then read my answer. I want all of my students to be better trainers than me. That's good for you and good for horses!

~ Monty

Next Week's Question:

I have a 15 yr old TWH/QH gelding that I show in Dressage, Hunter, English Pleasure (side saddle & saddle seat) and Western Pleasure at small local shows. I have owned him for 13 yrs and have shown him for 10. For the past 3 years he has been unhappy in the arena during a class. Warm-ups and training he works hard and enjoys his work. He is even used as a lesson horse at my friends barn. He has been known to fall asleep while we are waiting outside the ring between classes. We go for long trail rides. He loves all the attention that goes with being a show horse. But as I said, once he enters the ring for a class he changes. He speeds up, he chews his bits, he pins his ears and arches his neck.

THIS WEEK IN MONTY'S EQUUS ONLINE UNI



Watch an experienced guide horse support a young Thoroughbred in his first riding excursion in this week's video

lesson on [Equus Online University!](http://www.montyrobertsuniversity.com)



Not a student yet? Click on: www.montyrobertsuniversity.com

Current students log in here: www.montyrobertsuniversity.com/sessions/new or GO straight to this week's lesson <http://www.montyrobertsuniversity.com/training/203118885>

Now Playing: Starting Wild Mustangs and Starting Kids Camps



[The Horsemanship Radio Show](http://www.horsemanshipradio.com) is an online radio show (podcast) dedicated to the exploration of good horsemanship throughout the world. Hosted by Debbie Loucks (Monty Roberts' daughter), the show includes segments, tips and interviews exploring good horsemanship.



Danish Horsewoman Joan Sartori S e started Western Kids Camps to encourage fun with horses and a 'No Whips' policy. Francesca Wood shares why she is as comfortable in the Polo world as she is adopting BLM wild mustangs in Nevada. And Monty Roberts answers a question about a rearing, striking stallion.

Listen in... <http://www.horsemanshipradio.com/2014/07/17/horsemanship-radio-episode-20-by-index-fund-advisors-ifa-com-wild-mustangs-with-francesca-wood-and-western-kids-camps-in-denmark/>

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GLOBE GALLOPING WITH MONTY ROBERTS

Have some fun with Monty! Go to: www.facebook.com/MontyRoberts

August 4-8, 2014	Monty's Special Training Clinic at Flag Is Up Farms, California Click here for more info or call (805) 688-6288 to register	USA
August 22-24, 2014	Keynote Speaker at Providing with Purpose : Serving Veterans to the Best of our Abilities	USA
September 20, 2014	Night of Inspiration at Flag Is Up Farms, email admin@montyroberts.com or call (805) 688-6288 to register	USA
September 21, 2014	Life Lessons workshop: email admin@montyroberts.com or call (805) 688-6288 to register	
October 5, 2014	Merrist Wood College , Guildford, Surrey, GU3 3PE	UK
October 10, 2014	Easton College , Norwich, Norfolk, NR9 5DX	UK
October 16, 2014	Arena UK , Allington, Lincolnshire, NG32 2EF	UK
October 18, 2014	Myerscough College , Preston, Lancashire, PR3 0RY	UK
October 22, 2014	The Grange , Okehampton, Devon, EX20 3DA	UK
October 24, 2014	Hartpury College , Gloucester, GL19 3BE	UK
October 30, 2014	Greenlands EC , Wreay, Carlisle, Cumbria CA4 0RR	UK
November 1, 2014	Gleneagles , Auchterarder, Perthshire, PH3 1NF	UK

Monty's Life Lessons

Enjoy a Free Excerpt
Each Month of Life
Lessons from The Man
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Ask Monty readers' special:

[Click here to read this month's excerpt!](#)

CANADA'S RURAL TV



In Canada, Monty's Backstage Pass show airs Thursday & Saturday-10:30 AM, 4:30 PM, 11 PM (all times are EST) on television on The Rural Channel. More info as to where

The Rural Channel is available:

<http://theruralchannel.com/gallery/monty-roberts-backstage-pass/>

If you have questions or need more info go to info@theruralchannel.com or reach out on any of their Social Media platforms: @TheRuralChannel www.facebook.com/theruralchannel

Monty on HRTV



Watch Monty on HRTV Tuesdays at 6:00 PM ET.

Special Offer for Monty Roberts' Fans! **First month FREE** of HRTV.com when you subscribe now! Just use the **promo code MR13** when you sign up!

HRTV

Please check local TV directories for your time and channel or the HRTV website where times are in Eastern Standard Time:

www.hrtv.com/MontyRobertsShow/

Please note that Dish TV has moved the HRTV channel position to 398.

Horse & Country, UK



Watch Monty Roberts on Horse & Country TV in the UK (Sky channel 280), Ireland, The Netherlands, Sweden and Malta. See: www.horseandcountry.tv/monty for more info.

Photo Credits

Christopher Dydyk



For information about Monty's worldwide demos and the courses held at Monty's farm in California go to: http://www.montyroberts.com/ab_about_monty_calendar/see-monty/

SUCCEED: FOR YOUR HORSE'S WELL BEING AND DIGESTIVE HEALTH

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I also believe there is something you can do to care for your horse's digestive system. I've been using a product called SUCCEED® on my performance horses for many years now, with tremendous results." ~ Monty

See more

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- Monty Roberts.

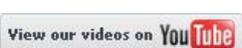
Read more on:

<http://www.montyroberts.com/corigem/>

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Let us know what you are looking for in content from these emails. Send your comments and requests to askmonty@montyroberts.com.

Never miss an e-mail from Monty: To ensure you receive this email in the future, add askmonty@montyroberts.com to your list of approved senders or select the Add/Save to Address Book function in your email browser and follow the appropriate instructions.



Sincerely,

Monty Roberts

