

Wednesday January 11, 2017

Greetings! ,



Monty's video series on creating a partnership with your horse launches today!

## Question

I recently saw footage of a demo you did riding a Western horse where you removed the bridle to show he would yawn and that you believe this is a sign of the horse being

relaxed and that they wouldn't do so with high adrenaline.

I have a horse who (when I bought him at 9 years of age) had a blind wolf tooth on one side which was slightly further forward than normal position, and I therefore assume would have interfered with the bit at some point. The curious thing is that having had the tooth removed the horse now yawns repeatedly and very expressively before and after I put the bridle/bit on. I am curious why the horse yawns before being bitted as well as after? Initially I worried that the yawning was a sign of stress/worry or similar but it makes sense about the adrenaline when you said people do not yawn on TV.

Generally putting the [Dually halter](#) on and off the horse does not exhibit the same behavior, only when I have the bridle ready to put on?

Thank you for your help and for everything you do for horses. I love your [Equus Online Uni](#) and have learned so much, please keep adding lessons.

Kelly Cross

## Answer

Dear Kelly,

Thank you for your interesting question. If one traces the root motivation for any of the body maneuvers we express, the yawn is a very interesting subject. I clearly recall my professors describing the yawn as an activity with which to increase the oxygen supply to the brain. It makes sense to me that we typically yawn when we are sleepy. It most often occurs when we are attempting to not sleep.

Scientists state that when we fight off sleep, we are taking oxygen from the brain and so we conduct the yawn to replace it. Any application of the yawn to conditions of stress would be strange to me. Your question as to the yawn connected with the introduction or removal of the bit and bridle is totally unknown to me. I will watch closely for any signs that educate me to this condition.

Sincerely,

A handwritten signature in black ink, appearing to read "Monty", written in a cursive style with a large loop at the end.

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**MONTY'S EQUUS ONLINE UNIVERSITY**  
**THIS WEEK'S EPISODE**

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This online video series shows how to create a partnership with your horse. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.



## UPCOMING EVENTS

Monty is home. You are welcome to visit [Flag Is Up Farms](#) and watch Monty's methods in action at his state-of-the-art training facility. The farm gates are open from 9 am to 5 pm daily, with no fee or reservation required.

Ticket information will be available soon to see Monty in Brazil and England in 2017.

**Scotland** March 18: Ingliston Country Club,  
Ingliston Estate, Bishopton,  
Renfrewshire, Scotland, UK

**England** March 25: Kingston Maurward College  
with MARTIN CLUNES, Dorchester,  
Dorset, UK

**Germany** March 31: Monty Roberts Germany  
Tour in Munich

**Germany** April 9: Monty Roberts Germany Tour in  
Redefin

**Germany** April 20: Monty Roberts Germany Tour



in Dorsten

**Germany** April 22: Monty Roberts Germany Tour  
in Alsfeld

**USA** July 10 to 21: Gentling Wild Horses  
California

**USA** July 31 to August 4: Monty's Special  
Training

[FULL SCHEDULE HERE](#)

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## THE MONTY ROBERTS INTERNATIONAL LEARNING CENTER

February 4 to 5, 2017

[Horsemanship 101](#)

February 10 to 12, 2017

[Horse Sense and Healing](#)

February 20 to 23, 2017

[Join-Up Course](#)

February 24 to 25, 2017

[Long Lining Course](#)

[MORE COURSE INFO HERE](#)

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## MONTY'S PRINCIPLES HORSE SENSE FOR PEOPLE



Monty is a legend. He came to Australia and I missed it! There was a horse hire place I used to go to regularly and earns a lot of trust with the owner. I used to get there at 5:30

in the morning and help him find and round up any missing horses as they could just roam the natural habitat. There was a pony they had, a very pretty girl that no one could ride because she used to buck all the time. So she learned, "Well hey, if I keep bucking the person is going to get off me and I can go back to my mates." So I told them about Monty's methods and if they would be okay if I could give it a try. They said go for it. So, I made a little yard, got Buttons in there and worked with her, watching her body language and she started to put her head down and started opening her mouth and chewed up grass was coming out, by this time I was trying my hardest to contain my excitement. So then I went the other way and the same thing. A few kicks here and there did some damage to the yard but it got there. I didn't think the process would take so long but later that day I took her for a ride on my own and then with others. Kept working with her until I thought that it would be fine to try someone else. And good ol' Buttons was now taking people out for a hike to love and enjoy the experience on horseback. What an accomplishment that was and it's all thanks to Monty. Totally, totally awesome.  
Nelly Jay



## **MONTY'S CHALLENGE**

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](mailto: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 learn to be better trainers than me. That's good for you and good for horses!

## NEXT WEEK'S QUESTION

Hi Monty,

I hope you can give me some advice please, I have a 4-year-old old mare Appaloosa from a stud farm who never had much human contact, the problem is I am trying to lunge her but she keeps turning into me when I try to lunge in outdoor school. I did get her to follow my fiancé in a circle to get her used to my commands . Should I continue using my other half to walk in front of her or do you have any other ideas?

Kind regards,  
Sandra Semple



### ONLINE REVIEW: THE DUALY HALTER

From a verified buyer on 01/08/17: This halter is absolutely amazing. My colt used to refuse to long line. When I turned him to go to the right he would lean away and try to bolt. I put this halter on him and in a couple minutes he was going smoothly both directions. I can't praise this halter highly enough. Thank you, Monty, for making the incredible halters and spreading your message of violence free training.

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## HORSEMANSHIP RADIO



A-circuit rider Ransome Rombauer chats about heading to Southern Methodist University to ride for the team, being named Brooke Junior ambassador and her secret weapon to ace the Equitation pattern. Dr. Sue Cain shares her wins in the category Equine Educational Training (Human) at the Equus Film Festival, for the book Horse Sense for Leaders. Jamie Jennings reads from Ask Monty.

[\*\*EPISODE 79 | LISTEN HERE\*\*](#)



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**FOR OUR VETERANS AND FIRST RESPONDERS**

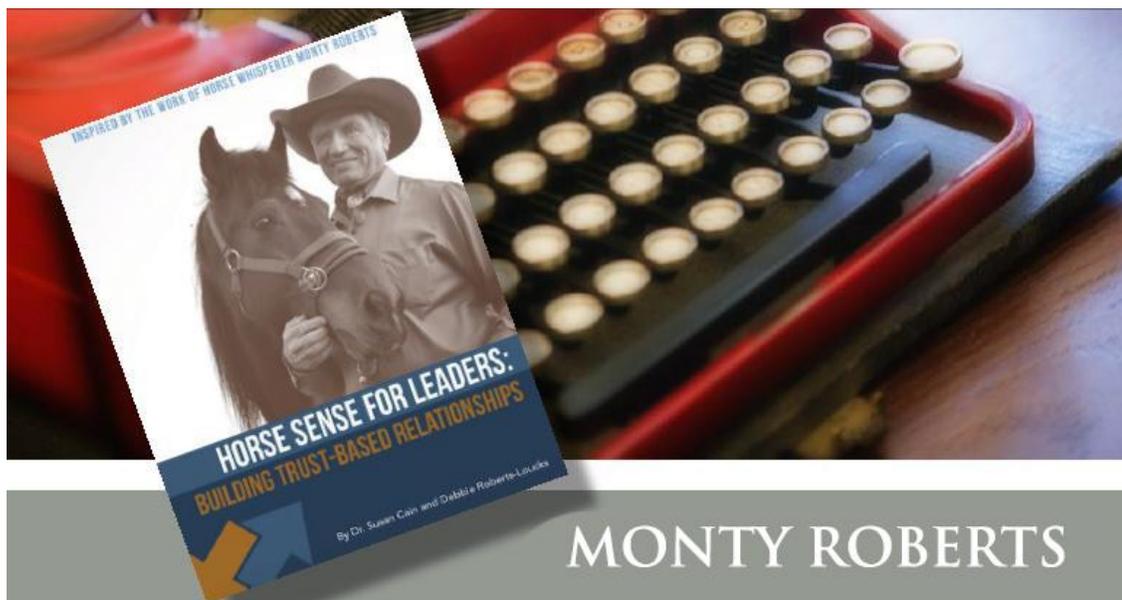


Monty Roberts is running free, resilience-building workshops for veterans, police, fire, first responders and their families. Horse Sense and Healing is a three-day program and it involves working closely with horses. The individuals and horses develop a special bond built upon mutual trust and respect. Join-Up offers everyone an effective tool to rediscover themselves through the eyes of the horse. This self-awareness exercise deals effectively with emotional trauma, anti-social behavior and withdrawal, anger, stress, combat stress and even Post Traumatic Stress Injury (PTSI). [READ MORE](#)



\*December 9 to 11, 2016: Monty's Horse Sense and Healing. For more information <http://www.join-up.org/horse-sense-and-healing/>

## HORSE SENSE FOR LEADERS



Buying Monty's book, [Horse Sense for Leaders: Building Trust-Based Relationships](#), is another great way to support Monty in his efforts. We have a

[Paperback Version](#) and a [Color Version](#).

## WINNERS AT THE EQUUS FILM FESTIVAL!

Best Equestrian Music Video - Mini 2016

People's Choice. Monty Roberts Producer, Jeanine Moret Director

<https://vimeo.com/180806470>

Best Equine Educational Training - Human Susan Cain, EdD, LCSW -

Horse Sense for Leaders: Building Trust-Based Relationships By Dr. Susan

Cain and Debbie Roberts-Loucks, foreword by Monty Roberts <http://tinyurl.com/johxoh6>

Paperback \$9.99 <http://amzn.to/1jqmgBc>

Color Version \$19.99 <http://amzn.to/1h31Psj>

Horse Sense for Leaders: Building Trust-Based Relationships Features New York Times Best-Selling Author Monty Roberts

See all entries here: <http://nebula.wsimg.com/55b6102230313956404cdbc3d11dde9c?AccessKeyId=8D3373E05A6D33D4B706&disposition=0&alloworigin=1>

"Are leaders born or made? Follow the life of New York Times Best Selling Author and Horse Whisperer, Monty Roberts in the book Horse Sense for Leaders. Discover how Monty's life events shape his leadership style. Then, take our Trust Based Leadership Assessment to find out your own leadership style, and how to capitalize on your own unique leadership style."

~ Dr. Susan Cain, Corporate Learning Institute



### REDUCING VIOLENCE THROUGH WORKSHOPS WITH HORSES IN ANTIGUA GUATEMALA

Lead-Up International (Affiliate of Join-Up International) is a program based on workshops with horses in which youth at risk are introduced to calm and humane ways of interacting with horses. Participants discover non-violence for themselves and develop a new sense of peaceful leadership.

[READ MORE](#)



### FIND A MONTY ROBERTS CERTIFIED INSTRUCTOR

Find [a Monty Roberts Certified Instructor](#) near you. All courses offered by certified instructors give students effective tools to communicate using the horse's own natural language, forming a partnership based on trust and communication rather than

dominance. Visit the certified instructor web page here:  
<http://www.montyroberts.com/certified-instructors-page/>

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[Join-Up International](#) | [AskMonty@montyroberts.com](mailto:AskMonty@montyroberts.com) | [MontyRoberts.com](http://MontyRoberts.com)

 Forward to a Friend

