

## Parelli's 10-Minute Tips

**Improve your relationship with your horse in as little as 10 minutes a day.**

If you don't think you have time to try Parelli techniques, or if you think all that groundwork takes too much time, here is a no-excuses approach. Each tip requires a maximum of 10 minutes a day. Even if you board your horse and can only get out a few times a week, you can still use that time to radically improve the relationship you have with your horse.

Each month, we'll be adding new tips, so be sure to check back for the latest updates.

Before you start, get a little spiral notebook and write notes on your horse's reactions to each tip. It will be easier to see where you started and track your results.

### Carrot Stretches

Three quick exercises to help increase your horse's flexibility.

### Cat Stretch

Another quick exercise to help increase your horse's flexibility.

### Lateral Flexion

Supple your horse's neck for lateral flexion.

### Confidence Builder: Plastic Bags-Part One

Teach your horse that plastic bags are not a threat.

### Confidence Builder: Plastic Bags-Part Two

Build your horse's confidence with plastic bags even further.

### Clipper Shy

Is your horse afraid of the clippers? Help him feel relaxed when it's time to clip.

### Ear and Head-Shy

Build your horse's confidence with his face and ears.

### Eight-Minute Abs

Strong abs are important for your horse's back. Here's a tip to strengthen them.

### Lower the Head

Teach your horse to relax and lower his head with a simple touch.

### Preparatory Commands

Learn to prepare your horse before asking a command.

### Follow a Feel

Ten minutes a day of this program and eventually your horse will lead by a thread.

### Respond to a Send

Wouldn't it be great if you could simply point at the trailer and get your horse to willingly walk in? Here's a tip that will put you on the right road.

### Develop the Squeeze Game

You can develop your horse's Respect by teaching him the Squeeze Game.

### Matching and Mirroring

### Determine Your Horse's Horsenality

### Practice Emergency Dismounts

Does your fear of falling off prevent you from getting on?

**Build Confidence**

Does your horse spook when you or anyone else moves quickly around him?

**Build Confidence Part 2**

Build your horse's confidence and courage by desensitizing him to your movements with this easy tip.

**Build Leadership**

Are you nervous that when you lead your horse he's going to pull, step on you or even nip at you?

**R-E-S-P-E-C-T**

Gain your horse's affection by respecting his space.

**Undemanding Time**

Try undemanding time to get your horse interested in you again.

**Pick up his Feet**

Teach your horse to pick up and hold his own feet.

**A Good Scratch**

A 10-minute scratching session with no strings attached will win your horse's heart.