

A young girl with a long braid, wearing a light purple t-shirt and dark leggings, is walking away from the camera in a grassy field. She is walking alongside a brown horse, also seen from behind. The scene is set during sunset or sunrise, with warm golden light filtering through the trees in the background and illuminating the tall grass in the foreground. A semi-transparent white banner is overlaid across the middle of the image, containing the text "Intrinzen Inspired Walks".

Intrinzen Inspired Walks

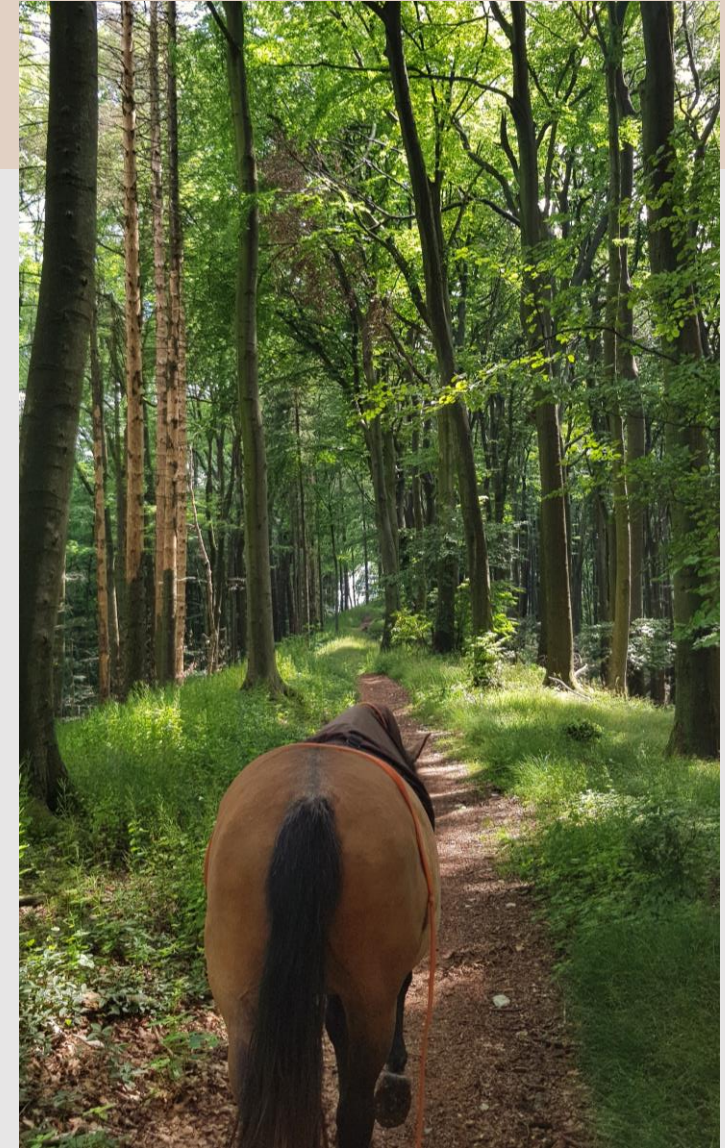
About Us

- **Laura:** 24 years old chemistry student from Germany
- **Huracan:** 8 years old gelding from Spain
- together since 2017
- started with traditional clickertraining
- joined PP in feb 2019 &
Pain Science & Performance in 2020

Instagram: @pferbindung



My motivation to go for walks



Benefits we can get from walks

- increased **motivation**
- opportunity to „practice“ riding
- **stimulating** the horse's brain and nervous system
- longer „workouts“
- increasing **self-confidence**



What I mostly do on walks

- giving the horse the opportunity to display **natural behaviors** like
 - foraging
 - investigating things
 - sensory input (scents, different grounds)
- fostering **curiosity**
- **challenges**



What to reward on walks?

my personal choices:

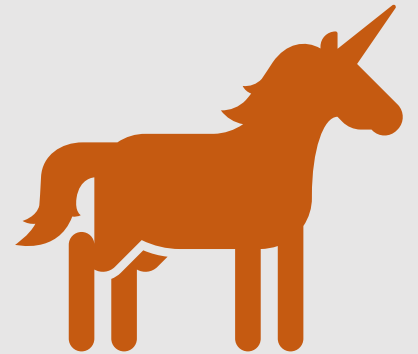
- walking beside/in front of me
- not only high effort
- waiting for me/stopping
- sometimes crunches & pantherwalk



Dealing with autonomy on walks

≠ horse does whatever he/she wants!

- safety first
- autonomy in movement context
- letting the horse choose how fast/where to go
- don't be afraid to **say no yourself**



What about using pressure on walks?

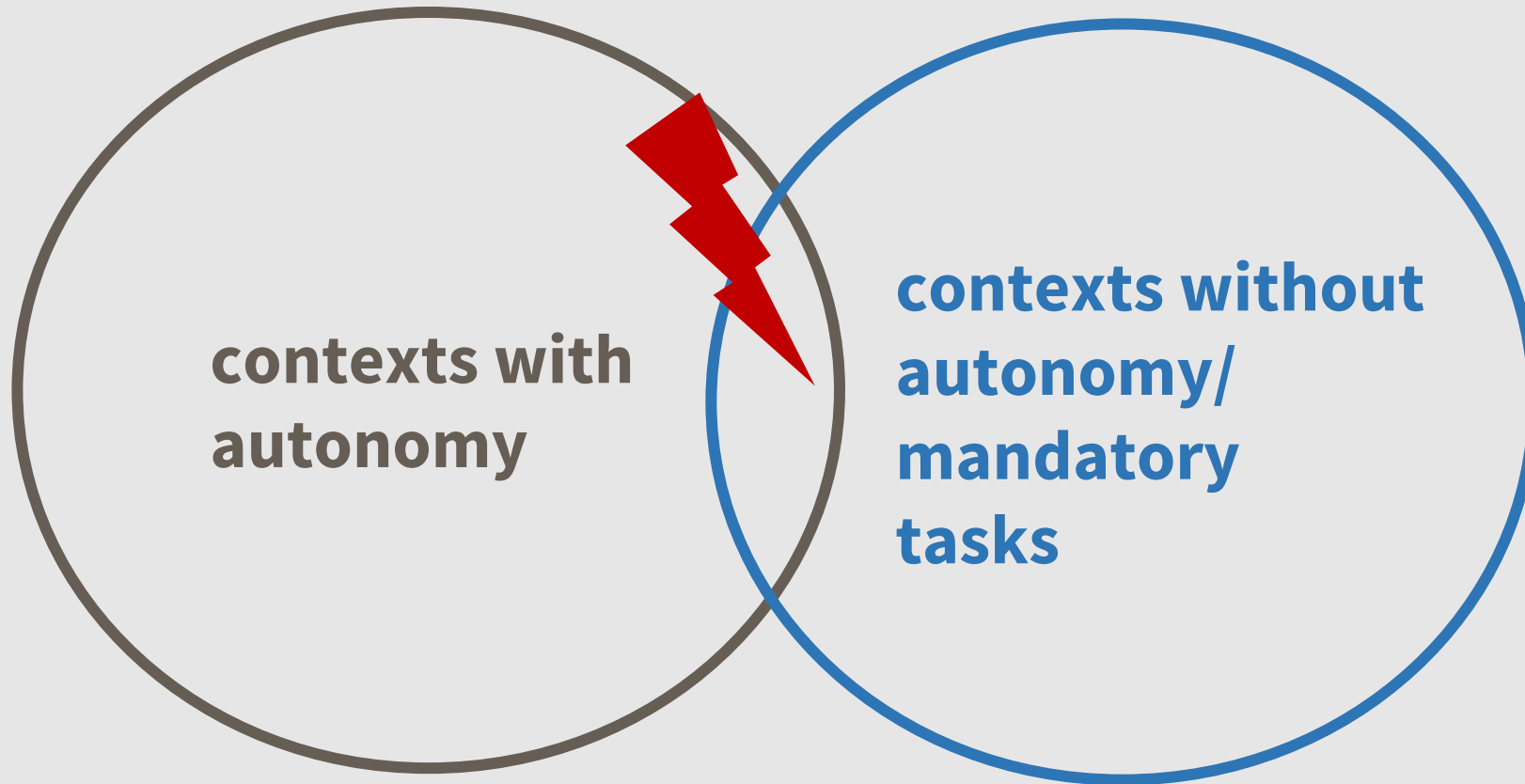
- **safety first!**
- we cannot control the **environment** on walks
 - sometimes it **might be necessary** to use pressure for safety reasons
- try to **avoid punishment** (LIMA principle)
- don't feel bad for it

Eating on walks – grass is the enemy?

- **foraging** is a natural behavior
→ horses usually move to find food
- compromise: **grazing and racing**
- keep an eye on what your horse is eating

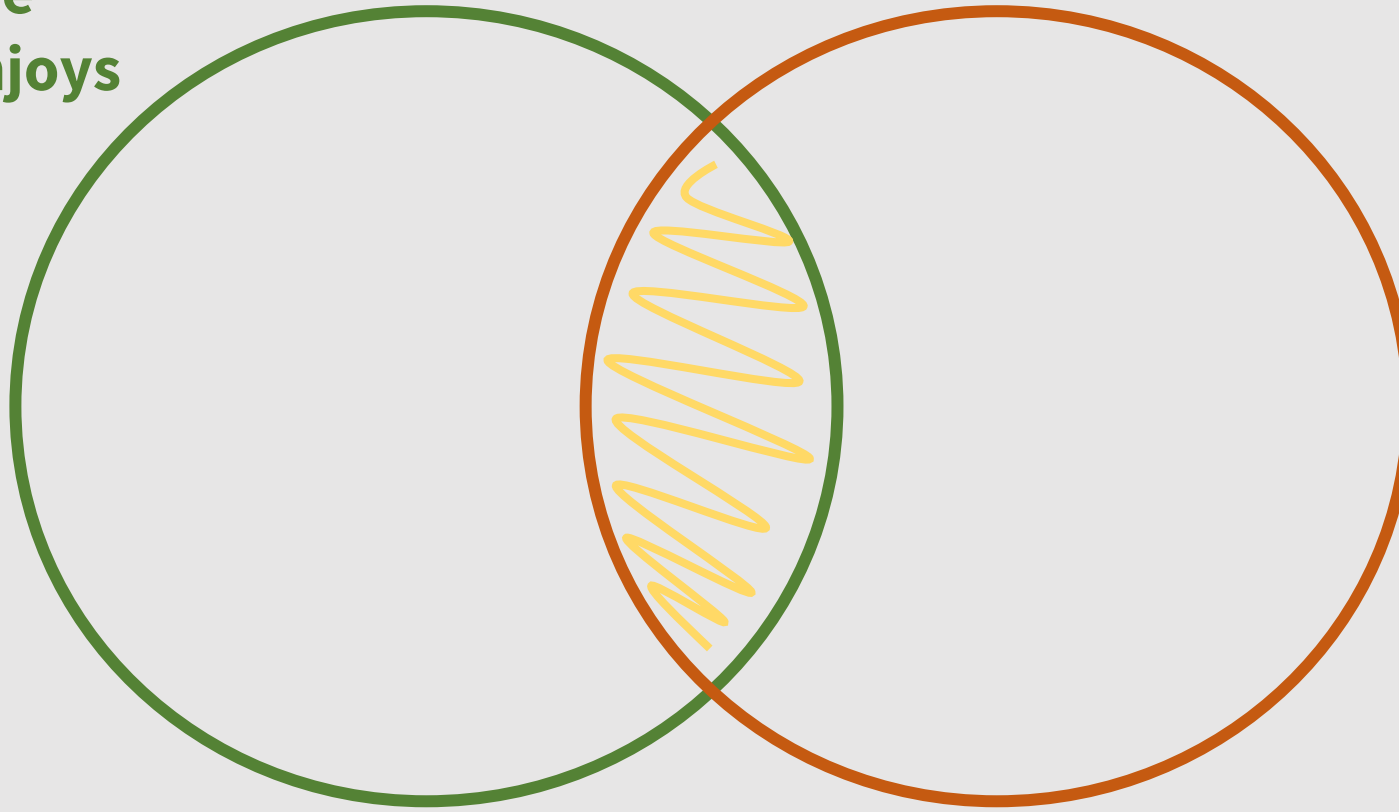


„autonomy conflict“ on walks



Finding balance...

things my horse
wants to do/enjoys



things I want to
do/enjoy

What to keep in mind while walking

- allow your horse to **enjoy** your walk in his/her own way
- observe your **horse's state of mind** to react accordingly
- do what feels **safe** to you
- implement default behaviors
- **have fun!**



My horse doesn't want to go for walks...

- **don't force** your horse to go out with you
- let the horse **decide when** to go home
- **allies** → horses usually move in company
- progress is non-linear