

# Horse Skills

Beginner 1

In Hand

*"Sometimes it is important to just sit and watch the grass grow."*

*Eija Lindsey*

This is the building block of the other In Hand movements, softening the jaw and developing a relaxation response to halter pressure (or cavesson pressure with working in the bridle).

## Training Journals Examples

### Soften Jaw:

Carly: In Hand Work on Softness and Focus

Zelli: Working in the Bridle

## Short Courses or Q&As

Free Workshop from Developing Balance In Hand

## Videos from the Weekly Show

3 Times to Use In Hand Work with Your Horse

## Related Premium Courses



Developing Balance In Hand

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