

Brainwork for horses – homework assignment

Pick max 2 different games. Max video length: 8 minutes

Name:

Horse:

Age:

Youtube / vimeo link:

Make sure the link is either public or set as “unlisted”

1. Why did you choose this game / material?

2. Did you notice any stress / calming / relaxation signs?

3. Can you describe your observations on the entire process and what you learnt from it?

For example, what is your horse’s posture? How long can your horse focus? How does your horse explore? Did your horse get frustrated? Did the horse understand the concept, or did you run into some challenges?

Breathwork for horses – homework assignment:

Name:

Horse:

Age:

Youtube / vimeo link:

Make sure the link is either public or set as “unlisted”

Pick max 3 different techniques. Max video length: 8 minutes

Makes sure to film the nostrils before as well as after applying the technique?

1. Why did you choose these techniques?

2. Did you notice any stress / calming / relaxation signs? Any differences afterwards?

3. Can you describe your observations on the entire process and what you learnt from it?

Submit this form to: support@thirzahendriks.com

Subject of email: Brainwork assignment

Thirza will provide personalized feedback on December 1st per email.