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## “Soaking Time” Accelerates Learning

I have found that “soaking time” accelerates my horse’s learning! It’s not about bubble baths and hot water, but a kind of soaking that allows the brain to make permanent connections when learning something new. There is a saying with gentle horse training; *the long way is the short way*, which means taking the necessary time to train your horse without a time constrained agenda. However, with limited time to spend with our horses between working and family we want to accomplish as much as possible in the shortest time possible – that’s where “soaking time” becomes a great accelerator tool.

Nerve endings in the brain cells called dendrites continue to work making new neuro-connections when we as humans are at rest and the same goes for our horses. Have you ever been interrupted by someone while working with your horse, and then after you’ve finished your conversation with that someone, you go back to training and your horse now “gets it”? That’s because your horse had time to “soak” – his brain made new connections while at rest and it can happen as fast as a few minutes! For the more difficult cues such as a half pass or turn on the haunch etc. once my horse “gets it” even just a couple steps in the right direction I immediately praise and put my horse away for the day allowing time to “soak”. This goes for ground work and under saddle. You can really speed up your horse’s training when you give him time to “soak” so relax, love em up, teach something new and release your horse for “soaking time”, you’ll be amazed how quickly your horse learns while “soaking”.

Specializing in problem and dangerous horses Missy Wryn is an internationally recognized Gentle Horse Trainer and member of the [Association of Professional Humane Educators](#). Missy's [Training the Whole Horse](#)® methods & techniques and the creation of her widely popular [All-In-One Bittless Bridle](#) have been featured in media such as Alaska Airlines Magazine, and the movie Brother In-Laws. For more information visit Missy Wryn’s website at [MissyWryn.com](http://MissyWryn.com) or call toll free (888) 406-7689.