

## Tellington TTouch Goes Hi-Tech

### ***Linda Tellington-Jones announces a TTouch App for your iPhone!***

Much has been written about Tellington TTouch® over the past 35 years in magazines and books, and during that time TTouch has been seen on television programs, in veterinary universities, and has produced remarkable results in Olympic teams around the world. TTouch is a gentle system of bodywork, ground exercises, and riding techniques that apply to training and behavioral issues with horses of all levels and disciplines.

Now TTouch is going high-tech with a new 'app' that can be viewed on your iPhone.

"I laughed when I realized that *low-tech* TTouch, based on simply using your hands and heart to influence your horse, is going *high-tech*," says TTouch Founder Linda Tellington-Jones, PhD (Hon). "This is such a great opportunity for people to have 'how-to' TTouch guidelines right in their phones, especially when faced with a horse emergency. TTouches can be extremely helpful for colic or injury situations while waiting for your veterinarian to arrive."

The iPhone application contains short video clips of various TTouches, accompanied by Linda's voice explaining how to perform the TTouches and what benefits that particular TTouch, slide or lift provides. The text included with this app is extensive, explaining how much pressure to use, how to apply the TTouch, lift or slide, and what TTouch is best suited for particular behavioral, posture, physical, or training issues.

For instance, there are TTouches and exercises that help with saddling issues, sore muscles, spookiness, lengthening of stride, increasing confidence, lowering pulse and respiration, overcoming resistance, alleviating pain and shock, releasing tension, reducing stumbling, calming the nervous or frightened horse — the list is extensive. "As they say in the world of technology," sparks Linda, "there's an app for that!"

TTouch offers help for a myriad of challenges faced by horse owners, including:

- Overcoming behavioral, training and conformation challenges without force.
- Enhancing your horse's trust, cooperation and willingness to learn.
- Building confidence in horse and rider.
- Increasing your safety both on the ground and in the saddle.
- Improving your enjoyment of your horse and your mutual performance.
- Improving your horse's balance, soundness and longevity.
- Experiencing the joy of riding at a new level.
- Enriching your horse's environment.
- Expanding your capacity to be an effective horseman or horsewoman.

"It's such a thrill to realize that with a push of a button, people can call up a library of TTouches on their phone — all for the price of only \$3.99!" smiles Tellington-Jones. "Today's technology will help spread the message of TTouch, and how we can make such a difference when we put our hearts in our hands and our hands on our horses, the TTouch way."

To purchase the app for your iPhone visit the iTunes store. Enter: Tellington Training for Horses.

## iPhone Apps



**Tellington  
Training for...**  
Books

\$3.99



For more information about TTouch, trainings, equipment, books, and videos, visit [www.TTouch.com](http://www.TTouch.com) or call 800.854.8326.