



Horse Breather

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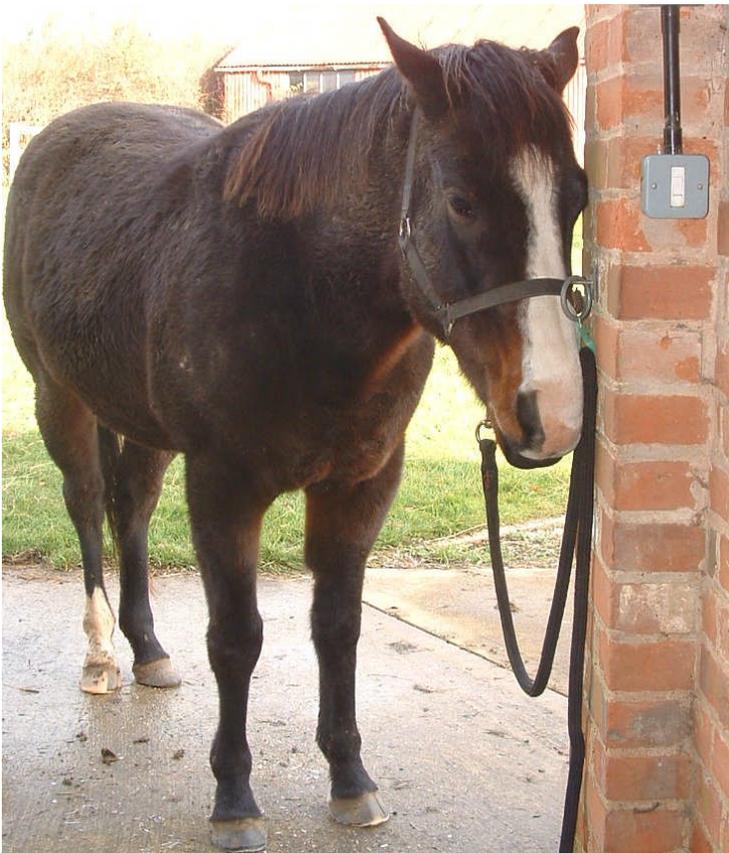
Horses doing 1N for themselves

Horses that receive Equine Breathing sometimes do 1N on themselves. This usually comprises squashing one nostril shut against a suitable surface such as a wall or fence post.



I have seen this several times and owners have reported it too but I was pleased to have time to go and get my camera when Dan gave himself a 1N session which lasted over an hour.

Dan was standing at the entrance to a brick barn.



For 35 minutes he stood with his left nostril pressed against the side of the brick pillar (seen here from inside the barn). He was in the typical relaxed stance of a horse enjoying 1N. His ears were floppy and eyes soft and half closed.

continued below.



Here's the view from the other side. He was exerting enough pressure on the wall to completely block the nostril although it was difficult to capture this by camera.

I moved around to and fro trying to get a picture from an angle that would show more clearly what he was doing, but he was unperturbed by my activity. He continued to doze as would be expected from a horse doing a 1N session.



After 35 minutes he changed position so that he could swap nostrils and pressed his right nostril against the drain pipe which was at a more convenient angle than the outer face of the brick pillar.

He continued to enjoy a relaxed doze for another 20 minutes.

Pat in America said that having started to do 1N her horse now follows her around the stall looking for her hand cover his nostril. He has put his head and nostrils in the corner of his stall against the wall to cover his own nostril and totally relaxed his neck to the ground. Her other horse also seeks out her hand - through the feeding hole in his stall bars – so that she can do 1N on both at the same time.

Catherine in the UK says that even before starting Equine Breathing her horse used to come and put his head into her midriff so that her clothes would partially obscure his nostrils then he would just stand and relax.

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If your horse has shown ways such as these to reduce his or her breathing it would be great to hear your story.

Till next time
breathe easy
Clare