



The Equine Touch

ANZET NEWS

The Equine Touch™ Australia & New Zealand Newsletter

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Hi everyone,
Another very full newsletter!
Great to get students & clients
writing in with your comments or
stories. Keep 'em coming!

This month Jock flew back "over the creek" for a series of courses, the last in Australia before heading for the northern hemisphere. Jock & Ivana will be back in Melbourne for Equitana 2010 plus Level 3 & Level 4 in November. Meanwhile, get out there and get your hands on some horses! Get together with a study-buddy, attend a tutorial. How about you take a step up to Level 2 during the autumn or winter months and be ready for Level 3 in November? Some already have their sights set on ET & Beyond (Level 4) especially after sampling the Prescription & Layering course. Keep in touch.

Janis, Ed

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Students Acclaim Jock Ruddock's New VHT Course:

Returning to the peaceful treed setting at Bullenbrook, Victoria, students who completed Level 1 of VHT* last March reconvened for Level 2, now known as VHT Modules 5 & 6. With the restructuring & expansion Level 1 is now presented as Modules 1-4 which will be offered later in the year, November. (See course calendar for details.)

Most students stayed on for the one day course, *VHT for Family & Friends*, and were joined by another group of ET students also keen to extend their bodywork repertoire. This was the first time Jock has instructed this newly developed "back to basics" *VHT for Family & Friends* discipline in Australia. With the focus on "chaos & confusion" leading to relaxation, a challenging & fun learning environment was created.

Student feedback was great and this innovation will no doubt grow to be widely sought after in the future as word gets out.

VHT for Family & Friends is also available as a two day course for people with no previous Equine Touch experience. Again, watch the website or check newsletter course calendar for details of courses to be offered.

*VHT = Vibromuscular Harmonisation Technique™, Jock Ruddock's human work from which he developed *The Equine Touch*™.

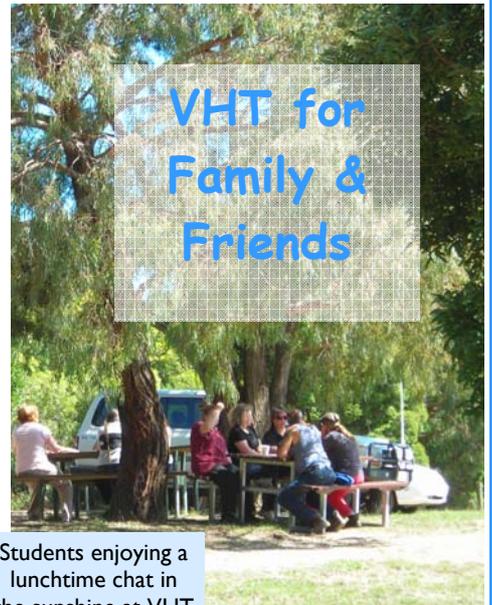
What students say about VHT for Family & Friends

A great day, learned heaps. I'm really glad I made the decision to go along! **WB**

Didn't really know what to expect, but by the end of the day, came away with a wealth of knowledge/insight & a gift to impart to family members & friends. Thank you, Jock. **SB**

Family and Friends was great, already used with fantastic success on my husband on his return from his fishing trip with a very sore back. The following day his comment was 'You would never know I had had a sore back now'. This will also be useful to demonstrate to horse owners what we are 'doing' to their horses, and can also be a complement to our horse business when we become practitioners.

From the little work that Jock did on me, it is clear that there is more to 'it' than just the move; very powerful stuff in the right hands. **LM**



VHT for Family & Friends

Students enjoying a lunchtime chat in the sunshine at VHT for Family & Friends course



VHT—Level 2 We are back for MORE!



VHT for Family & Friends March 2010

Prescription & Layering—Putting it all together

Instructor: Jock Ruddock
14 March, 2010 Kyneton, Vic

First time on the east coast for this course, those lucky students who were able to fit yet another course into their schedule were challenged by, but welcoming of, the extension to their perception of The Equine Touch™ & how to use it.

Under Jock Ruddock's guidance & discerning eye they worked in teams. Challenged to come up with their own ideas, then, brainstorming with their team-mates they settled on a course of action to address the project horses in their care and went to work.

Our thanks are extended to the horse owners who brought horses along to become our projects for the day: Inger of Epona's Pastures; Greg & Sherie Brodie of Bendigo & Wendy Bootle.

Thanks also to Sue & Alisha of Kookaburra Park(venue).

What students say about Prescription & Layering

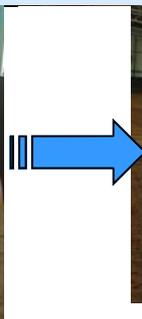
Having all the tools in your toolkit is one thing – knowing how and when to use them with more finesse is a very valuable skill. This day was wonderful, it certainly helped me open my eyes and look outside the square. **WB**

Prescription and layering day was challenging but very rewarding. In the first instance I wasn't really keen to have Jock picking on me but then quickly realised that would be the best way to learn. Great experience to finally put it all together and learnt a great deal from the day. There is such a leap from Level 2 to Level 3 and then beyond, this helped to bridge my understanding of that gap. At a higher level again, I improved my understanding of my own intuition and

how to put it to work for me in addressing a horse. **LM**
A pretty intensive day, we really had to get our grey-matter working & work as a team as well. A very good introduction to the practitioner road indeed. **SB**



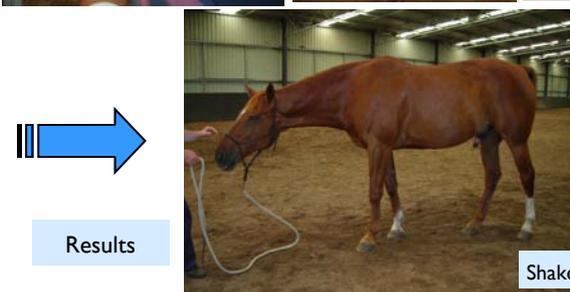
Jock instructing & demonstrating



Students putting their ET ideas into practice



"Just what do you intend to do with my leg?"



Results



Shake, rest & roll...



"This is the spot for a roll!"

RDA Ponies fill the bill Level 1, 26-28 February, 2010

Instructor: Janis Hobbs

A last minute change of venue was needed for this Level 1 course at Bendigo so this means that sincere thanks are due to Lynne Elphinston-Gray who not only allowed the course to proceed at her venue at short notice but also arranged for some lovely RDA ponies to be our subjects on the third day. Thank you to Lynne and also Anne Prime of RDA Bendigo. Tom, Domino & Patch were brilliantly patient & kind teachers.



Shaileigh & Tania at work with Tom, Domino & Patch

Quiz: Can you name the moves being done in these pictures 1-3? Answers Page 5

NZ News

I've got a story of a SB who I was called to work on as a last resort. (Next stop knackers.) Apparently a good horse but very broken and abused. The current owner had taken him very kindly for over a year and he had some flashes of brilliance but generally was impossible to steer in his races and could only be walked in the surf for training. He would bolt or go lame if worked in a cart or on a track.

Four days after his first session he was racing. I just happened to notice headlines in the paper the following Monday, "Southern Man blitzes field" ... Owner/trainer was quite delighted and I was invited back for further sessions. He ran third next start, is improving all the time and going from a panicky, difficult to handle horse to an apparently much quieter and more agreeable one. Amazing what taking out the pain does sometimes. He's still only got 3 fully functional legs so will be interesting to see how he progresses.

Janice Clyma, Instructor & Practitioner, NZ

Hi everyone,

Hope you're enjoying the new ANZET newsletter and you're making the most of the last of the good weather before Autumn sets in! We had a great Level 2 Course in Dunedin last month, well done to Kirstin, Kirsten and Tracy for some great work. I'm looking forward to seeing their case studies!

I also had a great time at Clinton Pony Club - apart from the rain that decided to appear from nowhere after being about 25deg all day! But that's Southland for you! I did a talk on pain in horses and had some lovely ponies and horses to demonstrate with. Thanks to the 15 or so people who stood in the rain and asked great questions. Hopefully everyone went away with a bit more information on the different causes of pain and they all learned some stretching and mobilisation exercises to go home and practise.

The economic climate must be improving here as I've had a surge in bookings for the next few Level 1 Courses scheduled, I've also got a great new venue here in Invercargill and am 2/3 of the way through the first Level 1 course there. Mary, Ann and Verity are going well so I'll include some photos from their course next month.

Catch up again soon

Karen

Karen Burrows, Instructor & Practitioner, NZ

YOUR SAY: What is YOUR ET story?

Email your story & photo to Janis by 15th of each month to equinetouch@hotmail.net.au

Your Say:

Return of Soxy's "Pretty Face"

by Lisa Martin

Hi there Sue, (a story for the newsletter)

Just felt I had to put finger to keyboard and write a bit to you about Soxy's ET journey 'cos it has really been amazing. Guess I should explain a little about Soxy for those who don't know her. Soxy is a 20yo 4th generation Australian Pony who owns my 1 lyo daughter! I have known Sox for many years but she officially joined our family about 5 years ago and pony and daughter have been a pretty formidable team since. The two have rarely been unplaced in whatever competition they entered, but have been equally at home trail riding, attending such rides as The Great Golden Triangle 4 day ride, Hoof Over Hills etc. She has been a most trustworthy babysitter and teacher. We adore her.

About 5-6 weeks ago something happened to our Soxy. All seemed normal when I went out to the stables to do the breakfast thing. I began mixing feeds when all hell broke loose - I raced out of the feed room, into the stables to find Sox determinedly trying to destroy her stable (which she usually loves), double-barrelling walls, doors whatever. Her stable mate was quietly waiting for brekky. ???Maybe she got cast??? Calmed her down, looked for any obvious injuries -none- gave her brekky, later turned her out to her paddock. No harm done, I thought.

That night, back in the stables, it soon became apparent that Soxy had metamorphosed into a human-killing monster. She would swing her rear end round to whoever went near her and show you what the soles of her hooves looked like, snarl, ears back and teeth bared. She was dangerous. Our farrier (who she has known for years) reached up to pat her on the back - Sox lurched forward, threw herself on the ground, smashing everything around her then struggled up and took off. I began querying a brain tumor or some other cerebral event and began contemplating the best course of action when I bumped into you at work!! Seeing as though you had already done some amazing work on Soxy in the past, I mentioned her to you and the results have been awesome.

The first visit has probably been the most spectacular. True to her recent form, she followed (very, very begrudgingly) her young owner over, ears back, snarling, every muscle on high alert ready for the kill. You and I swapped glances and off you quietly went to work on her. An hour later she was totally relaxed, eyes half shut, yawning, ears at half mast (what I like to call her pretty face), back leg resting, nose almost resting on the ground. Even at 20, she is incredibly pretty when she is happy. At session's end she was let off the lead rope; off she sauntered; an enormous wee and one totally different from pony an hour or so previously.

The next morning (12 hours post first session), while cleaning out boxes, in wandered Sox to help (and to see what extra tidbit might be lying around) as had been her pre "incident" habit (as opposed to her post "incident" habit of going as far away as possible). And best of all, wearing her pretty face!! The behavioural turn around in such a short period of time has blown me away. It really needed to be seen to be believed.

We are all incredibly grateful to you Sue and ET. I had wondered if "this was it" for Soxy. She has now had about 4 weeks of sessions and is continuing to improve each time. This week is very exciting - she can return to some quiet, gentle riding. A few weeks ago I seriously thought we might be planning a funeral.

Last night, you gave me the human equivalent. I have had ongoing back issues for years - partly from years of lifting patients etc and as an aftermath to a riding accident (fractured pelvis) a few years ago. I now know how Soxy felt - so totally relaxed. I couldn't even string a sentence together!! It was awesome. Today my whole body feels somehow so much more flexible and I really didn't realise how much discomfort I had until much of it had gone.

Anyone who has their horse ET'd should try the human version. They will soon understand why their horse is chewing, yawning and generally looking VERY relaxed. This is a great bodywork modality that really works! I can't wait for the next session, neither can my back.

So, a big, big thank you for giving us Sox's pretty face back - keep ETing!!!

Cheers

Lisa Martin

New L3 skills at work!

Hi everyone,

Here's a quick short ET story about what happened to my 20 yo Andalusian mare a few days ago :

I was spending some time with her in the arena when I noticed pretty soon that she wasn't herself. She didn't want to play and was reluctant to be here with me on that day. So I stopped and started to observe her when I quickly realized she had a very swollen and half closed eye with tears coming out of it which didn't look good at all. I was pretty upset and my first reaction was to call the vet who couldn't make it before a couple of hours.

So before leaving her there, while waiting for the vet to arrive, I decided to address her with the Level 3 sinus procedure very gently.

The vet came that evening to check on her at 9 pm and couldn't find anything wrong with her!?! I went back the next day to check myself and her eye was perfectly healed, no more tears, no more swelling! So thanks to this very gentle eye (sinus) procedure, I really think it has helped her to auto-heal! :)

And bad luck for me. I will still have to pay the vet bill !!! What a shame!

Vanessa Wilhelm, Level 3

3-Day Equine Dissection Clinic with Ivana Ruddock, MVDr

Don't miss out!

An educational opportunity not to be missed!

Before Jock & Ivana head to the northern hemisphere for another very full schedule, in response to enquiry a **second** 3-day dissection clinic is offered in New Zealand. The venue is Lincoln University just outside Christchurch, New Zealand, the same venue as the first clinic in early December last year which was a great success. The venue is excellent for this kind of clinic, with tiered seating around the demonstration area affording great access to view the proceedings. It is well appointed and includes reference skeletons of a sheep, pig and dog as well as partial horse skeleton (legs).



This course is open to people outside of ET as well as Equine Touch students and practitioners. If you have been wondering about attending a dissection clinic to extend your understanding of the workings of a horse's body, look no further.

For a start, how Ivana sustained such high levels of physical energy completing the whole horse dissection, I don't know. On top of that Ivana's enthusiasm for her subject is infectious & inspiring. Students were in awe of her depth of knowledge and captivated by her delivery. Ivana employed a comprehensive teaching approach encouraging all students to engage in active learning by providing access to numerous reference books to support better understanding of what they were viewing in 3D. Students were also encouraged to feel the texture of the various



tissues—this option was met with varying degrees of confidence & eagerness at first. However to see & feel the strength or thickness of the fascia in some locations and delicacy in others was, well, fascinating. To see how thin some muscles are compared to the huge mass of others, to see how the muscles are interwoven, the workings of a joint, it was all just marvelous.

One attendee was overheard on the first day, as Ivana was working on the neck and shoulder, to declare that they had already learned what they came to find out and could go home satisfied! And there were two more days to go!

Grab this opportunity & become a satisfied customer too! Contact Janice Clyma, course coordinator (details below), and book your place on this clinic without delay.

Dates: 30 April—2 May, 2010 Course Fee: NZ\$800 Venue: Lincoln University, Christchurch, New Zealand
Course Coordinator: Janice Clyma Mob: 0274 347 090 Email: janice.clyma@xtra.co.nz

Tales of "the Quilty", sept 2009 — Update for "Big Charles"

"Big Charles", just ventured out on his first ride back from the Tom Quilty incident. Having received 6 ET sessions over the last 5 months with Susan Wyatt we took a 6 week break over Christmas and started training late January. Training was a little slowed by an overly long wait for his farrier, so I lost a little confidence that he would be fit for March long weekend 90 k ride. Hence we set off into the storms of March 6th to Majorca, Central Victoria to simply enjoy a social 20 k ride and the experience of ride base activities again. Plus achieve our first trip again in the float (a nice new shiny angle load of course).

We all arrived safely, into a hailstorm, and almost turned right around to go home again without unloading the horses. After some persuasion and blue skies on the horizon noted, we unloaded, vetted in and saddled up for a nice steady 20 km ride. A comfortable and enjoyable 2 and 1/2 hrs and the rain held off. I had all but decided to take this success and head on home before more rain should come, yet had my arm twisted by several endurance riders to at least 'start' the 90 k the next day.

And, so, Big Charles endures again..... a successful endurance ride, not only 90 k but in fact 110 k total over the weekend, with good steady pace and a sound mind, great recovery and absolutely no signs of pain anywhere.

A little encouragement required to get him back on the float and we headed home rain soaked and exhausted but with victory in mind.

A settled, calm horse stands now eating his round bale of hay, sheltered from the bizarre March weather....ready to rest a week or so, have a routine ET check up and then crack on for another 100 k at Easter."

Yours Sincerely

Dr Rachael Saunders (Veterinary Surgeon)

& Kevin Saunders (Personal Trainer - for all your life wellness needs) CAOZHIN HOLISTIC HEALTH AND NUTRITION FOR HORSE AND RIDER- ANAKIE
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Answers to p 3 Quiz Pic 1— Tania is doing the triceps move from the forequarter procedure. Pic 2—Shaileigh is doing the buttshots.
Pic 3—Tania is doing move number 2 of the TMJ procedure.