



The Equine Touch

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Hi Everyone,

For some it has been a very trying start to 2015 with bushfires in some areas and heavy rains affecting other areas across Australia.

To those affected, all the best for a speedy and complete recovery in your challenging circumstances.

If you have been thinking about beginning or continuing your study of Equine Touch "some day" make the decision that 2015 is the year! Contact an instructor to find out what courses may be coming up (even if they are not yet listed) and book yourself in. Your horse will thank you for it!

Keep in touch, *Janis, Ed*

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Hope you all enjoyed a Merry Christmas & a Happy New Year!

From Rusty & Neddy,
RDA Warracknabeal VIC
equine volunteers

A Different Kind of Sermon....

Last week, Thursday, 4 December evening, I had the opportunity to attend a lecture offered by Dr Kerry Ridgway, (USA), at an unlikely venue in the eastern suburbs of Melbourne, the Warrandyte Uniting Church. Dr Ridgway is a veterinarian of 51 years experience who uses acupuncture & chiropractic as part of his Integrated Equine Therapies. As a reflection of the regard in which he is held the venue was full (& included a few ETers as well). All I can say is, "Thank you Dr Ridgway, it is so great to hear you 'singing from the same hymn-book', as it were, as we, students and practitioners of The Equine Touch, have been encouraged to think and act in our approach to caring for horses."

As for the holistic approach employed in The Equine Touch, dealing with the presenting problem, "the victim" of a compensation spiral, is only one level of care. An integrated approach is necessary to help the horse as a whole, not just "the victim", the area of the horse currently expressing the imbalance in the body. As Dr Ridgway also intimated, no matter how expertly one is able to attend to the troubles of the soft tissue that the horse is experiencing, without dealing with the cause, "the criminal" as Jock Ruddock would call it, the positive results are unlikely to be long lasting. Along with soft tissue bodywork, such as Equine Touch, proper hoof care, dental care, nutrition, saddle fit, rider balance and training methods must all serve the horse for the optimum outcome for the horse's wellbeing. Sometimes, as in Dr Ridgway's case, one person may be trained in more than one modality of equine care. Sometimes a team of knowledgeable & skilful practitioners is required to offer the best possible chance for the horse's situation to improve.

This issue's featured article (page 2) highlights how Equine Touch and hoof care can produce great results for horses. Lucky horse clients receiving hoof care from Samantha McCormack, a qualified barefoot trimmer, are also gifted some Equine Touch work as Samantha is currently working through her Equine Touch horse assessments (home study program) with the aim of qualifying as an Equine Touch practitioner.

Janis Hobbs, Ed

EQUINE TOUCH AND NATURAL HOOFCARE – PART I

As a trimmer, I was coming across a lot of horses that I knew had body issues. I could often feel resistance from tight muscles and encounter horses that were clearly uncomfortable when I picked up a foot to trim it so I wanted to be able to do something to help these horses which would also make the job of trimming their hooves easier. So I started looking at what sort of body work modalities were simple enough to get my head around and also would work well with trimming. I had heard a few people talking about Equine Touch and how wonderful it is so I made some inquiries and subsequently did Level 1 with Susan Wyatt. I dabbled with ET with my own horses for a while and when Janis Hobbs ran a Level 2 class not far from home, I jumped at the chance to complete the second level. I don't think it was until I attended Level 3 with Ivana Ruddock in Tooradin that it all came together for me and I started using ET a lot more, not only with my own horses but also for the horses I trim who I felt could use a little help.

Still at this stage I didn't realise how useful ET would become in my trimming practice. When I finish trimming a horse that I feel has some body issues I will usually do a body balance to finish off and by the time I return to trim the horse again, more often than not those issues have resolved. I do quite a bit of rehab work and those horses with sore feet in particular suffer quite a lot with body issues as a result of walking around on damaged hooves so it is wonderful to be able to help improve the quality of life for these horses by healing their feet and their bodies at the same time.

On the odd occasion I will encounter a difficult horse that is near impossible to trim, either from pain caused by body issues, general lack of handling or due to previous bad experiences with other farriers/trimmers. I will always finish off performing a body balance on these horses leaving them in a good place physically and mentally for next time. As a result, these horses in general are much more compliant to trim the next time I attend.

In addition, I have had some amazing results with balancing feet and body together at the same time, particularly in performance horses, so I will generally perform a body balance on almost all horses that I trim now. ET has become an integral part of my practice and the horses I trim have benefited greatly on many levels from my use of Equine Touch in combination with a balanced trim, whether they be performance horses, pleasure mounts or just plain paddock ornaments. I am now in the process of working towards obtaining my practitioner's certificate and looking forward to doing Level 4, ET & Beyond, in the future.



Equitana Melbourne 2014



Equitana Melbourne 2014 attracted thousands of horse lovers to the many exhibitions, competitions, clinics and lectures as well as the ultimate shopping opportunity for all things relating to horses from floats to feed to boots to “bling”. One highlight for me was catching up with many ET students over the four days. Delighted to catch a snap with my very first ET student, Louise Martin from Swan Hill, VIC and namesake, Janice Clyma, ET instructor from New Zealand.



Another Swan Hill local and ET student, Louise, joined us on Day 2 for a review and was pleasantly surprised to find how much information she had retained after all these years!



RDA Swan Hill takes up Equine Touch

Level 1 ET 25-27 Nov, 2014 Swan Hill, VIC Ins: Janis Hobbs

Home from Equitana with a day to repack and head to Swan Hill, VIC for the last Level 1 Equine Touch (ET) course of the year 2014. In September this year I had the pleasure of presenting Equine Touch to the attendees at the Riding for Disabled Association of Australia (RDAA) National Coaches' Workshop held in Geelong, Victoria. I have such admiration for the dedicated and enthusiastic teams of volunteers who donate their time, expertise, enthusiasm and care at various locations throughout Australia to deliver the RDA – Riding Develops Ability— program to children and adults with varying abilities. The dedication of the volunteers means that the lives of many are enhanced by the experience of attending the RDA rallies, having contact with horses and learning to ride; at some centres clients may also participate in carriage driving and vaulting.



Several Coaches' Workshop attendees expressed interest in learning Equine Touch both for their centre's RDA horses and for their own horses. Two proactive representatives from Swan Hill RDA signed up to learn ET and the course was held 25-27 November. We worked with Leonie's horses and also with the Swan Hill RDA equine volunteers so we had the opportunity to experience performing ET on ponies and horses from around 11 HH to 17 HH, various breeds, workloads and ages.

As those involved with the RDA program are aware, the horses and ponies come from different backgrounds and disciplines and at the rallies have several different riders in the day—the warm-up volunteers and often several clients of differing abilities & balance. With this in mind it was satisfying to know that they would be receiving some benefit from the bodywork as Jean and Leonie focused on applying their newly learned ET moves. Jean & Leonie did a great job and what is more the horses and ponies seemed to enjoy the attention. It gives me great pleasure to know that more of the deserving RDA ponies and horses will receive some ET as a reward after their RDA duties from now on thanks to Jean and Leonie.

Equine Touch is already indirectly represented in RDA programs by practitioners & students participating as volunteers in a number of locations and sometimes also applying their Equine Touch skills for the horses as well as fulfilling roles as horse handlers, riding coaches, carriage driving coaches, and so on. Well done, everyone!

**ANZET NEWS
THE EQUINE TOUCH™
AUSTRALIA & NEW
ZEALAND
NEWSLETTER**

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"How do I find
out about The
Equine Touch in
my area?"
Contact us!

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Need more information?
Check out the **websites**.

www.theequinetouch.com
www.vhtworld.com
www.thecaninetouch.com

The Equine Touch™ - Your gift to your horse.

Courses and Events Calendar 2015

Australia

February 13, 14, 15, 2015	ET Level 1	Creswick, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
March 6, 7, 8 March 7, 8, 9	ET Level 1 ET Level 2	Campania TAS, (near Hobart)	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
April	ET Level 1 ET Level 2	Bannockburn, VIC (near Geelong)	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
TBC in response to enquiry. On-site camping available.	ET Level 1 & Level 2	Charlton, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
Proposed early October—TBC	ET Level 1 ET Level 2	WA Expressions of interest sought	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
More courses "under construction" ...			

No course dates or locations to suit you?

Send in your Expressions of Interest nominating where you are from.
If there is enough interest in your area Equine Touch can come to you!!
If you know of or have a venue which may be suitable and can inspire some of your contacts to join you we can work together to organise a course in a location convenient to you.
Please be in touch to discuss possibilities. Contact Janis on 0409 403 144

New Zealand

January 30-Feb 1, 2015	ET Level 1	Whangarei, Nth Island	ivanaruddock@aol.com
February 6, 7, 8	ET Level 1	Tauranga, Nth Island	Denyse Cambie 021 347 090 Denyse_cambie@yahoo.co.nz
February 13, 14, 15, 16	ET Level 3 Ivana Ruddock	Tauranga, Nth Island	Denyse Cambie 021 347 090 Denyse_cambie@yahoo.co.nz
Easter 2015 TBC	ET Level 4 Ivana Ruddock	Tauranga, Nth Island	Denyse Cambie 021 347 090 Denyse_cambie@yahoo.co.nz