



The Equine Touch

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Hi Everyone,

Each stage of the Equine Touch journey involves new challenges and learning. Most definitely the learning continues beyond the courses - we can learn from each horse we work with as we observe the range of responses they express as a result of the gentle stimulation of the ET moves.

This issue we hear from a Level 1 student, a Level 3 student and an instructor.

Hope you enjoy this offering and feel inspired to share part of your journey too. You can do this by emailing your story for the next issue. For example: What is the best or most surprising result you have experienced with applying what you have learned with your own (or others) horses?

Keep in touch, Janis, Ed

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Level 3—Thoughts, Findings & Fellowship

After missing out on the last Level three here in Australia I decided to take the bit between the teeth and go to New Zealand to undertake it there in February, 2015 at Tauranga, North Island, NZ. After working out the logistics, getting a passport and finally getting to Denyse's house (only about three hours after I had thought I would - ask me about my time in quarantine watching what was like an episode of Border Patrol), I was ready to start bright and early on day one.

It was wonderful to meet Hannah and Elisha who also brought their horses along, and Denyse Cambie (ET Instructor/host,) who kindly let me stay with her. I also finally met Ivana Ruddock, who is an amazing teacher and so giving of her time and expertise. (Also met Ivana's little dog who is a bit of a cutie). The fellowship of Equine Touch students/teachers was lovely; we all sat and talked about horses (of course) and many other topics too! It made me feel apart of something that is special - where we all want to help horses and help each other on our way to doing that.

I had thought nothing could top Level two for information and pulling it all together, but Level three was mind blowing. The time was spent with a mix of theory and practical, with sessions on saddle fit, teeth, feet, anatomy and rehabilitation, and lots of new areas of concern procedures. Basically it is time to start to look holistically and determine if the horse needs some help in areas other than soft tissue bodywork and how these other areas can impact on the horse's body and well being. Even if you don't wish to become a practitioner taking on the new information will benefit your own horses enormously because of your increased knowledge and understanding of how EVERYTHING needs to be in harmony for your horse to be at their best.

I really enjoyed using horses that weren't mine; it was great to have a "fresh" body on which to refine my skills. Thanks to Denyse, Hannah, Elisha and Denyse's neighbour for providing horses for us to practise on. *Mini Me* (the mini pony) was one of my favourites as I love ponies and he was a bit cheeky and very cute! Hannah's big mare was also beautiful as was Elisha's young mare (*Jess?*). Denyse's big beautiful boys were pretty special too.

I arrived home determined to start on my case studies and (after a brief break due to surgery) have done a few already. I am finding my observation skills improving (but not as quickly as I would like, as I am easily distracted by a pretty horse!). I have also found that some horses seem to react far better on the second session, particularly if they have never had any body work before, (some young horses have the attention span of a goldfish) and that I enjoy working on the oldies!

I have used the saddle fit information to great advantage on my daughter's horse and have been able to determine some problems there (backed up by a qualified saddle fitter who came and double checked it for me). The information from Ivana on rehabilitation, developing top line and better posture is about to be used on my thoroughbred who walks like a giraffe!

Overall Level three allowed me to meet some other ET'ers and has given me some more knowledge to keep on helping my own horses. Looking forward to Level four now!!!



L – R Elisha with *Mini Me*, Denise with *Cactus*, Hannah with *Panda* and of course, Ivana, our L3 Instructor

Denise McMaster, Level 3

Course Report

Campania, ET's "home" in southern Tasmania

Level 1 ET 6-8 March & Level 2 7-9 March, 2015 Ins: Janis Hobbs

Leanne reflects on her Leap into the Learning zone

I was fortunate to be able to attend the recent Equine Touch Level 1 clinic at Campania starting 6th March 2015 with Janis Hobbs. From the moment I arrived I felt I'd landed in heaven, Denise McMaster (venue host) and her beautiful dogs were so welcoming. It was such a great venue with like minded people who treated their horses with love and respect and were there to learn practical new skills to support their horses physically while improving the quality of their lives and enhancing the bond between humans and their horses by using this modality as a fantastic communication tool. Many aspects of Equine Touch, such as listening to the horse and working in harmony with them to enhance the quality of the partnership, were familiar from Parelli. Also I had touched on other facets from having done karate, yoga and qigong previously so was excited to learn that Equine Touch pulled elements of all these things I enjoyed into something that could really have a positive effect on my horses.

The course is certainly excellent value for money as there is sooooo much to learn that my head was spinning and I had major brain strain by lunch time on day one! It certainly was a challenge for my older brain to come to grips with the new terminology, techniques and sequences but I was given strategies for dealing with all this and it was encouraging that the higher level students said they had experienced the same thing and to try to remember that the learning zone is just outside of the comfort zone.

I loved how we practiced on each other before working with the horses as we could experience how the moves felt ourselves and relate this to what the horses may experience. The horses were absolute stars, so expressive and patient teachers themselves with the feedback they gave us and magic to work with and watch.

Janis is brilliant and I have the utmost admiration and respect for her as a knowledgeable caring person and her work as a great teacher and skilled practitioner. She went above and beyond the call of duty after travelling a long way and full-on teaching to come and do some Equine Touch with my old horse and with her eagle eye and ear spotted a dental issue which I wasn't aware of because my horse wasn't due to have her teeth done quite yet and it wasn't easy to detect. Thankfully I could get it fixed quickly.

For anyone thinking of doing the foundation course but hesitating just DO IT!! I was out of my comfort zone but in the best way possible, have met some great new friends and learned the start of some fabulous skills to help my horses. There is a great support network in place and I am so glad that I have started the Equine Touch journey.

Leanne Preece, Level 1



Leanne with a sweet ol' boy,



The students supported each other and worked very well together. Above - Sharon, L2, minds Villa and manual as Renate, L2, prepares for the sub-scap move. Below, Leanne holds Red as Sharon tackles the Sacrum series.



Renate's all smiles while she has the chalk arrows to follow! :)



NZ News

Equine Touch Students

I'm lucky at the moment to have two enthusiastic bodyworker students at *Woodfield*. Azzie is a qualified Japanese massage therapist who is transferring her skills to animals, and Josie is completing her practical internship after learning equine studies and related business management in Germany.

Both will be completing the Level I Class we are holding 11 - 13 April at *Woodfield*, but they already have a head start in learning the ET move and the basics of the Equine Touch modality.

Pictured (below right) is Azzie on our "project" horse who has been at *Woodfield* for just over a year. BG was an off the track TB with serious ulcers, arthritis, and a spine that just didn't move at all. Yesterday he had his first jumping lesson, and he definitely is feeling much better; took to it like a duck to water.

Our program with the students and our band of rehab horses is to incorporate Equine Touch bodywork with general welfare practices like correct hoof trimming and dealing with hoof issues, fitting saddles, assessing gaits and movement, and physiotherapy/body training exercises based on the Linda Tellington Jones's teachings.

We use other tools during the teaching program like acupuncture, acupressure, electro-acuscope, and cranio sacral work, however the basis of our bodywork is centred around the Equine Touch, mainly because it is so all encompassing. Responses elicited from ET moves that highlight issues not discovered by general palpation are common, and the ET branding is so important no matter what you do with your horse as it allows an owner/handler or bodywork professional to develop a great feel and sense of tissue, heat and texture.

I have been lucky over the past 10 years to have coached and directed many excellent bodyworker students from all over the world. Several are now successful professionals in their own countries, like Daisy Hardcastle in UK, Magali Prigent Osteopath and ET in France, while others are still on their journeys through to practitioner status. Many have learned at colleges and in classrooms but this is their opportunity to get hands on practice with many different horses, and watch treatment sessions when I have clients' horses to attend. Equine Therapy is something that you never perfect, every day is a learning day, every horse produces a new challenge, and the satisfaction of seeing happy horses and smiling owners is the driving force that keeps most of us going.

Helping Hands Helping Horses... nothing is truer and I encourage anyone to attend a Level I class; my goal would be to see it introduced at Pony Club level so children can learn to appreciate the value of a pain free partner in their chosen riding career.

Cheers,
Janice Clyma

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From Josie Siegel, Germany:

At the moment I am an equine therapy student at the *Woodfield* Rehabilitation Centre in Hanmer Springs. Before this internship I had never seen a practitioner of Equine Touch, so it was the first time for me to see the movements and the reaction of the horse. The movements are slow and gentle. Also the bodyworker has to stay in the right body position to move and breathe correctly. Its important for the harmony and the energy flow. For me as a beginner it looks so easy but it isn't. At the beginning it was hard for me to get the feeling and the right rhythm. I think its important to practise as much as you can on humans and horses. Its amazing to see the reaction of the horse after the moves. The reactions are different it depends on the horse and his problems. Most of the horses start with chewing and licking when they release the tension. This week Janice had to treat a mare, she had really tight muscles at the neck, poll and back. It must have been so painful for her. During the equine touch session she showed strong reactions and after the session she looked more relaxed and happy and had softer and brighter eyes. During the observation of different horses I noticed that all horses change their mode and behaviour positively. I am very keen to learn more of the equine touch and to become a practitioner.



From Azzie, Japan:

When I first saw Janice performing Equine Touch in her session, I was surprised by how powerful it works for the horse. I could see his responses and releases quickly and clearly. It was amazing to see how quickly and powerfully Equine Touch can bring horses awareness of what she (Janice) is doing and also what his body is telling him, almost as if it were a switch for the horse awareness. Although it was sometimes difficult for me to "be with the horse" not to make him do. Since I learned the Equine Touch techniques the horses are much more aware of what I am doing and start a connection with me. I am very appreciative of the meeting with Janice and Equine Touch. I will definitely keep learning and improving it. I believe that the more people learn how to listen to the horse's voice through Equine Touch then more horses in pain will be able to become happy horses in the future.

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

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websites

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

April 10, 11, 12 April 11, 12, 13	ET Level 1 ET Level 2	Bannockburn, VIC (near Geelong)	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au
April 27 Tutorial/Practice Day	ET Level 1, Level 2, Level 3	Perth area, WA	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au
September 4, 5, 6 September 5, 6, 7	ET Level 1 ET Level 2	Creswick, VIC	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au
September 18, 19, 20	ET Level 1	Launceston area, TAS	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au
September TBC	ET Level 2	TAS Expressions of interest sought	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au
Proposed October 2, 3, 4, 5 TBC	ET Level 1 ET Level 2	WA Expressions of interest sought	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au
TBA in response to enquiry any time through the year. <i>On-site camping available.</i>	ET Level 1 & Level 2	Charlton, VIC	Janis Hobbs 0409 403 144 equinetouch@hotkey.net.au

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.
In Australia, contact Janis on 0409 403 144 or equinetouch@hotkey.net.au

New Zealand

April 11-13, 2015	ET Level 1	Hamner Springs, South Island	Janice Clyma 0274 347 090 janice.clyma@xtra.co.nz
Easter 2015 TBC	ET Level 4 Ivana Ruddock	Tauranga, Nth Island	Denyse Cambie 021 252 2233 Denyse_cambie@yahoo.co.nz

Keep a look out for
the next issue
May, 2015

