



The Equine Touch

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Hi Everyone,

Well, for 2015 the end is in sight! Wishing everyone a wonderful break over the Christmas & New year holiday season.

This issue has "course reports" by students, a couple from NZ & one from Australia. Thank you for your contributions.

Hopefully reading these will inspire others to email their stories to share in this newsletter as well.

As ETers reading these reports you will recognize course experiences similar to your own, I expect, as the instruction of Equine Touch is replicated worldwide.

Looking forward to seeing you back in 2016 to continue your Equine Touch studies. Remember, you can repeat a level at a discounted rate and Practitioners can count repeating Level 2 towards their Ongoing Professional Development requirements.

Keep in touch, Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

Volume 6 Issue 5

October - December, 2015

## Val's Level 2 ET in WA

Level 1 & 2 ET, Lower Chittering, WA 1-4 October, 2015 Ins: Janis Hobbs

I would like to thank Janis Hobbs (our instructor) and Michelle (our host) for making our Level 2 ET course come to fruition in Western Australia (a miracle in itself), also the fabulous horses, Arlo, Ember, Grace, Billy, Reggie and Kookie, who all made it possible.

Our weekend started with a review of Level 1, joining the lovely ladies (Sue, Maria, & Julie) on their 2<sup>nd</sup> day of their journey to achieving ET Level 1. With memories of my efforts to master the ET move, it was both encouraging and rewarding to know I had retained more than I thought while going through the BBB moves and Areas of Concern procedures, helping the ladies with a small word of encouragement, a laugh at ourselves, reading through the moves for them or a suggestion for a position as they mastered the ET moves. Even more rewarding was the positive feedback from them all, as well as comments on points I had forgotten or incorrect positions I had developed for some moves.

That first night Janis had given Michelle and I our Level 2 DVD's and, boy! was I hooked after watching Jock's dance while working on Rusty with the ABB and Areas of Concern! The beauty of the moves and the benefits for Rusty were a joy to watch. (OK so I only just managed to stay awake for the first viewing of the DVD and fell asleep on the second time around) :O).

The next day while Michelle and I were learning more Level 2 moves on our (L2) Day 2 it was the completion of Level 1 for Sue, Maria, and Julie. The afternoon was spent with two new horses Reggie and Kookie along with Billy for our practical sessions. Michelle and I worked with Kookie, a young 4 yr old who had a rather bad injury on his off hind gaskin. While reluctant at first for us to approach on the off side Kookie soon became a convert to ET and was very patient and kind while Michelle and I worked our way through the Level 2 ET moves. The response from Kookie was rewarding with him having some fabulous yawns and lowering of his head. (See Janis's photo on Facebook, Equine Touch Australia group.) Respecting Kookie's off hind leg condition, we worked up high on his 'butt' and left his lower leg alone.

Congratulations to Maria, Sue and Julie for completing their Level 1 ET! I'm looking forward to catching up with everyone for an ET get together and play one day soon. :O)

Day 3 L2 for Michelle and I dawned wet, woolly and windy... Oh, what joy! It certainly kept the flies away (always a good thing) and the heat level down. We were joined today by a lovely lady Sherry (Level 3 ET) who was doing her Level 2 review with us. Her excitement at joining us was contagious and it was a great day for putting into practice the ABB moves and Areas of Concern procedures as well as how to conduct ourselves when dealing with some pretty intimate areas on the horses.

I am still amazed at how such a non-invasive technique can have such a profound effect on the horses and although we should not expect to see any reactions from the horses, I get very excited when I see licking and chewing, those sleepy eyes and yawns.....

My Level 2 experience has boosted my pursuit to practice ET and I am keen to progress to Level 3.

Thank you very much Janis for making the trip to WA. Valerie Large, L2 ET



Maria (L1) & Val (L2)



Julie & Sue (L1)



Michelle & Val (L2)



Sherry (L3) & Val (L2)

M y pleasure, Val. Looking forward to a return trip to WA next year. Cheers, Janis

## Tamara's Tauranga Tale

Level 1 ET, Tauranga, Nth Island, NZ, December, 2015 *Ins: Denyse Cambie*

I recently attended a Level 1 ET course with Denyse Cambie. What I liked when I first looked into ET was the fact it was a non-invasive and non-diagnostic technique and that a professional registration could be gained over time and at my own pace. Having no one in my area that does this I wasn't able to see the benefits or results before attending the course.

On the first morning after going through the first part of the briefing I was sceptical about how it actually worked. We then got to practice the moves on each other and in the afternoon on a horse. I could see from the demonstrations Denyse was providing that the horse most definitely responded positively although my attempts most definitely needed some practice.

On day two we again got to practice on each other in the morning and then on horses in the afternoon. As we practiced on each other we asked each other to provide feedback so we knew if it was good, bad or indifferent and after lunch outside we went. I felt much more confident at this stage about what and how to perform the techniques and was able to say to myself 'that one was good or that one was bad'. Our group was small which was great as this meant Denyse could help us all if we were struggling and she was close at hand to say 'Try this.' or 'Put your body here.'

Day three was all hands-on practice on horses and we worked in pairs on different horses so we could help each other and develop our own ability and confidence, yet have that support you need when learning. We were shown some alternative ways to do some of the moves which was a big hit with me as sometimes I just felt awkward and the alternative technique options of some of the moves gave me a chance to get better results.



L – R Maggie with Willow, Tamara with Cole, Jorjia with Renegade and Gail with Keeper

I left the course at the end of day three thinking 'Oh, my god! How will I remember all this?' There had been so much information to take on board, I felt I needed a few days to let it all sink but worried I would forget so much. Once home and all alone I turned to my manual to practice on my own horse and found the pictures in the manual were a great tool. Also using the DVD before going out to try was a massive reminder of what and how to do each move.

What I have found now with time to reflect is that the way the course was delivered in the smaller group was very apt for what you need to learn giving enough time to practice and perfect each move and ask your questions along the way, and I think each of us took away our own thoughts on how and why it works.

Not only did we learn about ET but Denyse informed us of other things that may be of benefit in the health of our horses for example 'willy beans' something not commonly talked about but very relevant to a geldings' health and well being, whenever the geldings relaxed and let it all hang out Denyse was in there like a shot showing how to check for them. (Think I'll be making sure I only have mares from now on! – Ha-ha!).

I met some great people on the course and we all had that common foundation to help us bond, 'helping horses'. One of the girls had said how she had noticed her horse respond differently after each session showing a more positive response each time and that was great to hear and see.

Now I look forward to more practice and will be back for Level 2 as soon as I can. Thanks, Tamara Welsh.

## FAQs — Email your ET related questions to [equinetouch@hotmail.net.au](mailto:equinetouch@hotmail.net.au)

**Question:** How long should I leave between attending Level 1 and Level 2? Between Level 2 and Level 3?  
**Answer:** This may vary according to your aspirations and time available to be able to put in the practice needed to consolidate what you have learned. You do this by practicing on your horse(s), attending ET practice/play days with your study-buddies, reviewing the support materials—manual and DVD- and completing Horse Assessments (if you choose the Practitioner Track rather than the Horse Owner Track). For supervised practice you can choose to attend a practice day with an instructor or attend a course for a day as a review or even repeat a course at a discount price. About 2-3 months between L1 and L2 works well and perhaps longer between L2 & L3. On the Practitioner Track after L3 12 months is considered adequate to complete your Case Studies. See over page for an example from NZ where students attended Level 1 in September and Level 2 in December.

## Lucy Loves Equine Touch

OK - I carried the camera to the course each day and forgot to take photos so this one was from Level 1 but the same guys were on L2 class - Susan Tulloch, Monika Huber, Lucy Dawson (England) and Rachel Hutton. Not one a kiwi, either Scottish, German, or English originally...anyway....

We had a great class and the girls had some good challenging horses with which to build a connection and work through their ABB protocols. We had some rescue mares who hadn't had bodywork much before and had lots of issues. All these ladies are keen to do L3 and become practitioners which is awesome for the horses.

Here is a little comment from Lucy about how she is finding learning the Equine Touch. Lucy started out at Bishop Burton College, same place as Daisy Hardcastle, and Daisy is now an ET practitioner back in England.

*Ins: Janice Clyma*

Susan Tulloch at Level 1, September, 2015



Level 2 ET, Hamner Springs, Sth Island, NZ 4-6 December 2015 *Ins: Janice Clyma*



Lucy Dawson (L2) with one month old Guy who allowed butt shots and inchworm just standing free.

"I found out about Equine Touch initially through a friend from university in England who was hoping to begin a Level 1 ET course. After doing some of my own research, I decided it was something I was very keen to pursue, and was very fortunate to find Janice who was willing to help me through my training! I've been so amazed by the positive results the Equine Touch basic body balance has had on the horses I have practiced on up to now, and I am very excited to put the Advanced Body Balance into practice, after completing my Level 2. It is just so rewarding to see the horses enjoying the bodywork and to gain an overall improvement afterwards. I am really looking forward to continuing my Equine Touch work; I am aiming to complete my Level 3 and go on to become a practitioner, and be able to take ET back to England."

*Lucy Dawson, ET Level 2*

## Equine Touch - Philosopher's Corner *By Janis Hobbs*

From physical fumbles to mindful moves—the beginning of the ET journey. Stay for the “dance”.

What is The Equine Touch? Each student will come to their own personal understanding of what it is through their experience as they apply the knowledge acquired at their courses and tutorials and through performing ET on horses. Over time that understanding is likely to change.

At first perhaps you will think it is a tricky series of moves in a prescribed pattern on the horse's body with, as one student commented, “a ridiculously simple looking” technique. You perhaps doubt you will ever master the technique and memorise the moves! You will be very preoccupied with the physical aspect, likely to be quite self-conscious, quite self-focused, maybe clumsy and therefore self-critical as you reflect on yourself as the performer of ET. Perhaps you will be, quite understandably, tempted to look for evidence of the success of your technique in the more highly visible signs of reaction or relaxation that the horse may exhibit such as yawns and licking/chewing, shaking etc. Your confidence may be boosted or crushed if you rely on this evaluation. Yes, it is gratifying to see that there has been some effect. However, there is more to it.

Then you will remember you have been told that beyond making the technique of the move a habit (with practice, practice, practice!) you will move into a different understanding as you are able to approach the horse more fully mindful of Equine Touch principles such as “no force”, A.I.I., listening to the horse's body, feeling for the tissue response as you gradually apply the “bump”, watching for the signs, subtle or otherwise, that the horse is accepting your level of pressure. You may need to adjust your approach and pressure to be accepted. You will become more and more aware of the “dance” of giving and receiving that you share with the horse, more and more focused on the horse's experience of this exchange of information.

**Jock Ruddock**, would quote **Ray Hunt**: “It's not what you can do to the horse that counts; it is what it allows you to do that is of consequence.” and here is the ET paraphrasing.

It's not about what you, the performer of ET, can do, what RESULTS YOU can ACHIEVE and SEE, but what the HORSE will ACCEPT and ALLOW you to do and how it processes the ET in its own way to restore proper or improved function in the body.

Because Equine Touch is non-diagnostic you may never identify exactly what was amiss. Don't worry about that or even how you feel—observe the horse, the key figure in this exchange; after ET does the horse seem to be more relaxed, moving more freely, relating to its human and paddock mates more comfortably, back to healthy appetite, happy and comfortable in its work, calm and at ease in its environment? Be satisfied. It's not about you, it's all for the horse.

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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 2016

### Australia

February 19, 20, 21 February 20, 21, 22	ET Level 1 ET Level 2	Creswick, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.com.au
February 26, 27, 28 February 27, 28, 29	ET Level 1 ET Level 2	Cluan, TAS	Janis Hobbs 0409 403 144 equinetouch@hotmail.com.au
May 6, 7, 8	ET Level 1***	Serpentine, WA	Janis Hobbs 0409 403 144 equinetouch@hotmail.com.au
June 4, 5, 6 Queen's B'day w-end	ET Level 1	'Wongaburra', Mooralla, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.com.au
September	ET Level 1	Bendigo, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.com.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@hotmail.com.au

\*\*\* Ready and waiting for Level 2?

Contact me with your Expressions of Interest in attending a Level 2 course.

### 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 friends 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, 31-Feb 1	ET Level 2	Tauranga, NZ	Denyse Cambie 021 252 2233 Equinetouchtauranga @yahoo.co.nz
January 16, 17, 18	ET Level 1	Hamner Springs, South Island	Janice Clyma 0274 347 090 janice.clyma@xtra.co.nz
Late summer Please contact with EOI.	ET Level 1	Tauranga, NZ	Denyse Cambie 021 252 2233 Equinetouchtauranga @yahoo.co.nz

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Keep a look out for the next issue  
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Janis, Ed

