



The Equine Touch

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Hi everyone,

Mother Nature has really tackled the new year with a tremendous flush out and shake up down under! Humans are reeling from the devastation & loss of life caused by torrential rain, floods, cyclones and even bushfires in Australia whilst New Zealand's South Island has experienced earthquakes & after shocks.

Supportive thoughts go out to all the humans and animals affected by these dramatic events. As ET (& VHT) students & practitioners please consider putting your skills to work helping out during the ongoing recovery process like ET student, Jeff, in this front page story.

How about you begin by focusing your efforts on June 18, an Australia & New Zealand effort to convert UK & Ireland National Equine Touch Day into INTERNATIONAL Equine Touch Day? Keep in touch.

Janis, Ed

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ANZET NEWS

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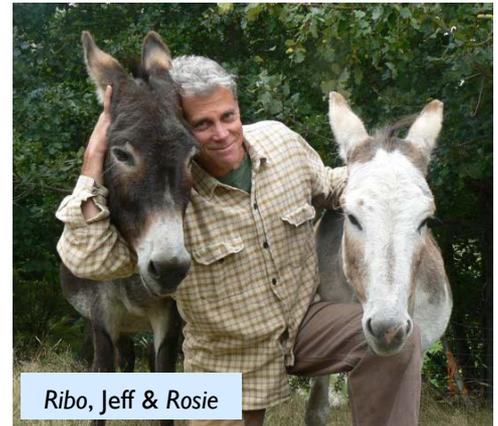
An Equine Touch story by Jeff Silver (L2), Christchurch, NZ

I am an equine touch student living outside of Christchurch on the Banks Peninsula. I completed my first two levels of training with Janice Clyma last year and look forward to completing my Level 3 in the months ahead. I have been consistently seeing positive results from the ET work as I begin to compile my case studies for practitioner certification. I am so grateful to Janice, and our ET founders, Jock and Ivana, for bringing ET into my life.

When I am not in a paddock with a horse (or giving my wee girls "horse" back rides), I am busy working as a Chinese medicine practitioner (acupuncture, manual therapies and herbal medicine) and teaching at the acupuncture college in Christchurch where I have worked for the past 5 years. In fact, I was getting ready for my 1:00 lecture at 12:51 pm on Tuesday 22 February 2011 when the 6.3 magnitude quake struck our city. We all knew straight away that we were among the lucky that afternoon.

In the aftermath, many in the acupuncture community have donated time and service to helping both with physical injury and, more so, emotional damage from the quake. In addition to needles I became inspired to do some of Jock's VHT moves for humans on the folks receiving care. After giving it some thought I decided to modify the equine ABB to humans with the idea it could flow smoothly and be delivered in a very brief time. The modifications were primarily to the shoulder, neck and "foreleg" components and included addressing the infraspinatus, teres minor, pectoralis minor, scalenes and sternocleidomastoid muscles which along with the trapezius are known to hold stress in humans. The series can be delivered comfortably in about 5 minutes meaning I was able to "touch" more people, and the results have been reported as helpful by recipients. So, gratitude to Jock for devising the method, and Janice for sharing the techniques with me.

I also have a couple of recent interesting equine experiences to report from this month. I had worked on a donkey named Rosie a couple times last year (as much for me as for her). Rosie is a 7 year-old gal who lives a peaceful life with her 15 year-old mum, Ribo, at an eco-stay in the picturesque Okuti Valley on Banks Peninsula (www.okuti.co.nz). I got a call the other week from the owner that Rosie had received a severe kick from her mum the week before and was now lame in the left front quarter – couldn't weight it more than slightly for a moment. The owner was going to call the vet, but knew that he would just show up and do the analgesic thing, so she called me and asked if my "equine thing" might help.



Ribo, Jeff & Rosie

I dropped by on my way home from a local horse trekking business where I had been seeing some equine friends. I didn't have much time at that point but wanted to stop and have a quick look. Rosie had a severe limp as she approached. I pulled out the tuning fork to rule out any breaks or cracks to the bones and determined it was soft tissue. I did a (very) quick ABB on her and then did every shoulder, neck and foreleg move I could think of, some bilaterally. Then I made up a few of my own, basically doing "the move" over every piece of muscle and tendon on that left shoulder and foreleg.

After I pulled back Rosie hobbled off slowly, still limping noticeably. I was talking to a local reiki practitioner who had been observing the session when all of a sudden Rosie turned back and proceeded to trot in two quick full circles just in front of us. The trot had a limp or stutter to it, but it was a trot nonetheless. Then she turned and hobbled off again. "That was weird" said my friend. I just smiled. I got the call the next morning from the owner that Rosie had "come right" and was walking without any difficulty. I just love when the equines are able and willing to express themselves.

(Continued on page 2)

Ribo in the zone



Return to Balcairn for Level 2

NZ News

Level 2 at Balcairn, Sth Island, NZ 14-16 December, 2010 Instructor: Janice Clyma

We had perfect weather for the December Level 2. Students were exceptional. Cathy did Level One in September along with Jeff. Jill did Level One last year and joined us for a refresher in September which sparked her enthusiasm to do Level 2.

Cathy has just completed Level 1 and 2 of Cranio Sacral with Maureen Rogers in Rotorua and is hoping to take equine therapy down a career path, as is Jeff who is a human acupuncture lecturer at the Natural Therapies College in Christchurch. He hasn't had much experience with horses but has taken to this like a duck to water.

They were a great crew and sucked up the information like sponges. WE had lots of fun perfecting the human shoulder move. I had a stiff arm at the start of the course and Jeff fixed it in one go, Actually both my shoulders had been giving me hell and aching at night. No more!

One of our practice horses, *Thomas*, aka *Tanalise*, is a good racehorse who has been sent to my clinic with two bowed tendons. He has had a lot of acuscope and myopulse therapy on the legs but I did not do much bodywork on him deliberately so he would be a good case study for the course. It was fascinating after three days of work. Initially I had found his hindquarters to be ok and non-reactive to palpation. After the course I was able to elicit huge releases of knots in tissue deep in the gluteals which were not accessible or even noticed before.

Jeff work on "*Crazy Daisy*", my fickle TB mare on Day One. She usually fidgets, poos a lot and generally can be a pain in the proverbial. When they were all doing the BBB on the first day to show they had it off pat, *Daisy* dropped and dropped in tension, yawned her socks off at every move and could hardly keep her eyes open at the end. Talk about effective bodywork!

Jack and *Jill* had a good partnership going. *Jack* is an experienced ET tutor, so when the moves are good he rewards his student with the appropriate response and when not he fidgets and pulls faces. There is a great shot of them discussing the next move.

Buddy was very helpful too in allowing all students to grope his scrotum intimately to feel gelding scar issues (or at least where to look for them). We all found *Jill's* hoof stand very helpful doing the leg up moves.



Cathy & Thomas



Jeff & Daisy

Jack & Jill conferring
re the next move?



(Continued from page 1)

Jeff's agenda modified ...

As previously mentioned, I have also been practicing with a group of trekking horses and ponies for the past several months now. Many are retired racing geldings and some mares. Anyway I showed up the other day to work on Billy, and primarily Duke who have an eye infection, among other things going on. Well, going to catch them on this occasion proved difficult compared to other times. What was different I asked as I surveyed the situation. Ahhhh. Ginger Bear was there that day and not out working. You see, Ginger Bear (GB) is the alpha of the herd.

So I went towards GB and he approached me presenting first his head, then his rear end. I walked around to his head again, and again he offered me his behind. Hmm. So I hooked him up and took him over to the work area. Did an ABB – no real areas of concern noted. He is such a fit, giant gentleman. Anyway he kept looking back at me, and his rear. So I finally took the not so subtle hint and did the elevated sacral and pelvic moves and finished with the sacral pump and some quick lumbar flexions. Then I walked him back to the paddock.

Guess who was now waiting for their turns? I haltered up Duke to work on, and then Billy. At the end I figured out that the three of them had it sussed as they watched me walk up to their paddock that morning. They had their wee chat and decided that the boss was going to get his first even if he wasn't on my agenda!

I hope that anyone who reads these stories is having as much joy with ET as I am. Again, much gratitude to Jock, Ivana and Janice, and of course all of the horses, for bringing such joy into my own life on this journey with ET.

Aiming high!

NZ News

Level 1 at Balcairn, Sth Island, NZ 7-9 January, 2011 *Instructor: Janice Clyma*



Buddy helping Florence

Some cool shots from our latest Level 1. Six great students including a very highly qualified Bowen practitioner. She was very professional, seriously put aside her Bowen for the duration of the clinic and was an excellent student. Wants to become an ET practitioner. Daisy, my English student, has also taken to it like a duck to water and really wants to go through to being an instructor. (That's when she isn't defacing the practice ponies :). Although, the happy face was for you, Jock.

Anyway the horses all loved the course and we had a great time in great weather. Everyone achieved their certificates of proficiency, despite some initial (and not uncommon) confusion in some quarters and each will take home their developing skills to do their bit towards helping horses.

Looks like we have two definite candidates for Level 2, looking to move forward ASAP! They have Level 3 & more in their sights already!



Comedy with Jack, who doesn't look amused



The whole crew



Marjorie



Daisy



Gill



Shirley



Cheryn at work while Florence looks on

Great teamwork at Bendigo!

Level 1 at Bendigo, Victoria 18-20 February, 2011 *Instructor: Janis Hobbs*

The weather kept us guessing but we scraped through without being rained on. Marg & Kirsten worked really well together. Even managed to do some extra practice at home on the second night completing the whole basic body balance without their manual I am told! Well done! Really shows the value of working with a “study-buddy”. Like many students, the first day or so it had seemed like a lot to take in at first, however, by following through with some solid review straight away Marg & Kirsten consolidated their learning. Then both worked through the basic body balance and areas of concern on the last day with little reference to their support materials. Great job! Now it’s a case of “keep up the good work!” and get your hands on some more horses soon!

You will be ready for Level 2 sooner than you may have thought!
Instructor: Janis Hobbs



Scout is attentive, Marg’s focus is strong



Marg minds Stormy as Kirsten tackles the “inchworm” technique, Day 1



Good use of body, Marg!
Angel being angelic



After 3 half-days coaching ET students Angel decided she just had to lie down.

Kirsten reaches for the move from her safety position. Where is that spot? Too high? Too low? Or just right?



Are you getting Jock Ruddock’s emailed International Newsletter?

If not, go to the international website www.theequinetouch.com and follow the prompts to subscribe & keep up to date with Jock & Ivana’s northern hemisphere activities. Archived newsletters available there as well to catch up on past segments like, “Questions & Answers with Jock & Ivana”. Take a look at Jock’s e-magazine too.

Your Say:

My ET Journey ...so far!

By Kirsten Roszak, Level 1



My ET journey started in August 2010, after meeting a practitioner and having an eye-opening experience with issues my horse was having, including issues around his sacrum and lower back. I always thought he had some pain but for whatever reason overlooked the need for someone to come and work on him. This really started me on my path to a more holistic health regime for my horse. I was already studying natural horsemanship and had completed a barefoot trimming course, so why not extend my knowledge of the horse's body?

So, after waiting patiently for a course, and having one postponed on me... damn flooding... I finally made the trek to Bendigo in February to meet ET Instructor, Janis Hobbs, and my fellow classmate, Marg. The weekend was exhausting, educational and inspirational all at the same time. What a world I had found myself in! And oh boy! I couldn't wait to go home and test my new skills on my own horses!

A week later, I found myself in the paddock with my 10 yo Standard bred, Ernie, and my 27 yo 13.2 pony, Whiskey. I decided to do my basic body balance on my pony first, no obvious issues that I knew of other than just old age, and boy, what a response I got!! Licking and chewing, yawning, sighing, blowing, you name it, he did it! What a reaction, I thought! I can't wait to balance Ernie!

After branding, I noticed a lot of tension in his body and just looking at Ernie, he looked really stiff and rigid. But I continued on with my balance and left plenty of thinking time in between. But no reaction, some very discreet chewing, but nothing like I am used to with him.

Moving onto my last procedure, the saddle procedure, about a quarter of the way through, Ernie stretched his neck out, lowered his head and yawned for almost the entire procedure. I couldn't believe it! Finally a reaction! Something was going on and it looks positive! My second balance on him a few days later showed a big difference in his reaction, a lot more licking and chewing and this time all he wanted to do was bite! Luckily there was a good fence he could release his energy on rather than me!

All in all, what an amazing experience, meeting some wonderful people, learning a new skill and helping my horses in ways that I only could have dreamed of. Can't wait to develop more in my Level 2 course... Thanks Janis, for all your teaching, patience and stories!

Equine Touch in Action



Colin at his Level 1 ET course at Narre Warren, Victoria, 2009.

Chatting recently with Colin Lacey, Farrier/Trimmer and Level 1 ET student, it was great to hear him comment on how he puts his ET into action with his hoof trimming work. "It seems to keep the horses happier and helps them trust me more. Sure makes my job easier!"

Do you have any good news stories of how ET has helped you with your own horses or with your horse work? Please share them by emailing to Janis at this address: equinetouch@hotmail.net.au

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**THE EQUINE TOUCH
 FOUNDATION
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**"TO HELP HORSES
 BY EDUCATING
 HUMANS"**

websites

**Need more
 information?**

Check out the websites.
 www.theequinetouch.com
 www.vhtworld.com

The Equine Touch™ - Your gift to your horse.

Courses and Events Calendar 2011

Australia

May 27, 28, 29	Level 2	Bendigo, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
June 11, 12, 13	Level 1	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
June 18	National /International Equine Touch Day		Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
June 18, 19	VHT for Family & Friends	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
August 27, 28, 29	Level 2	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au

New Zealand

May 13, 14, 15	Level 1	Telford Agricultural College, Balclutha, South Island	Karen Burrows 021 051 7347 ETdownsouth@slingshot.co.nz
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YOUR SAY:

What is *YOUR* ET story?

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

Editor's note re: Temporary office closure
 Restoration work after January 2011 floods &
 other factors necessitated temporary office closure. This has meant that production & distribution of the ANZET Newsletters was not possible for several months. We will endeavour to return to monthly production as conditions permit but may still encounter some difficulties—please bear with us. Apologies for any inconvenience caused.

National Equine Touch Day

Declared in UK & Ireland **June 18**
 (Refer to Jock Ruddock's ET April Newsletter
 accessible via www.theequinetouch.com)

YOUR PARTICIPATION in Australia
 will help make it
 INTERNATIONAL Equine Touch Day!

Invitation

Australian Equine Touch
 Students & Practitioners who would like to
 participate in this promotion of ET in Australia
 please contact Janis Hobbs ASAP to register.
equinetouch@hotmail.net.au

0409 403 144
 By contacting Janis you can be connected
 with other participants in your area
 or register who is in the team you have
 organized & what you propose as per guidelines
 outlined in Jock's April newsletter.

*Let's see how many horses we in Australia can
 reach with our Equine Touch skills on June 18!*

Keep a look out for the
 next issue from
Late May, 2011

