



The Equine Touch

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Hi Everyone,

The offering this issue includes new beginnings with ET for humans & horses and a focus on ET as a care option for your equine friends whether they are just starting out in life (foals) or reaping the reward of some extra TLC as older horses in retirement.

Be sure to send in your stories so others may also be inspired.

Keep in touch, Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

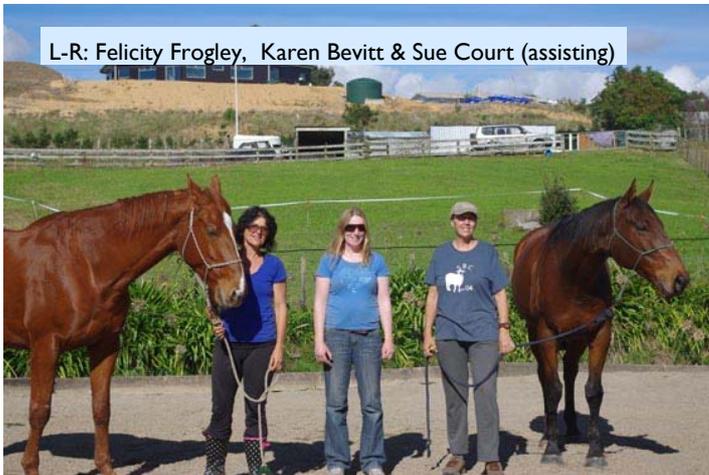
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## A WHOLE NEW DANCE

2-4 May, 2014 Level 1 Tauranga, Nth Island, NZ *Ins: Denyse Cambie*

Have you ever done a dance with an animal ten times your size, that doesn't speak your language? Good question. I saw this recently on one of those social media clips that go viral. At the time, it conjured up many images in my head, such as the perfectly executed canter pirouettes or my teenage poster hero, Everest Milton making a top level show jumping track look like an effortless walk in the park. We all know the magic of watching such talent in motion. But, last weekend, I learned something new. I started my journey with Equine Touch. It took everything I already knew, all the experience I already had and opened my mind to a whole new dance I could do with a horse.



My journey actually started when I saw the transformation Equine Touch made to a horse my husband and I took on last year. He came with a number of issues and had such an immense physical and emotional release from his first treatment, I was astounded! I had to know more. How does it work? Why does it work? And, finally, when the opportunity arose to learn for myself first hand how to actually do it. I didn't need asking twice.

I signed myself up for the Level one course in Tauranga with Denyse Cambie and arrived three weeks later with great anticipation. From the first moment it was fascinating to learn but also, it wasn't easy. After nine years of having, bringing up and homeschooling 3 children, my brain took some kick starting and my moves felt all fingers and thumbs. I could literally feel the cogs in my head turning. But, thanks to the patience and careful explanations of Denyse, it really came together by the end of the weekend. I feel very proud of what I have achieved.

As the Level one course came to a conclusion, I left the weekend with not just some new friends, but a feeling of belonging to something great. I believe in the Equine Touch mission statement, but I believe also that the ability to treat horses with it is a gift not just to them, but for me too. I need to learn some more dance moves. So, practice, practice, practice and bring on Level two!

Karen Bevitt, ET Level I Tauranga, NZ



## Oh, my lucky stars! Twin Colts!

Anglo-Arabs *Pullux* (strength) and *Castor* (the horseman) were named for the stars of the Gemini constellation, the star sign under which they were born in recent weeks. Birth of twin foals is not a common occurrence and the mare did well to bring the new arrivals safely to full term under care of proud owner, horse trainer, Tracy John, (L3 ET). An experienced horsewoman, Tracy uses her ET skills to support her horses in training for endurance riding events and will tend to the needs of these new little "stars" as well. Equine Touch provides gentle stimulation to the tissue and can be very useful in application to foals to assist the young bodies into balance after the testing time of being born, if the mare allows. Caution: Care must be taken to avoid interfering with the bonding process between mare and offspring.

## Kyneton K9s enjoy Canine Touch

April 5-6, 2014 Kyneton, VIC Ins: Janis Hobbs



Above left : CT class in action Left to Right: Julie with Tillie, Linda with Bubbles and Sue with Bonnie.

The CT course was one of great experience, it was delivered in a calm and warm manner. Janis, the instructor, was very attentive, willing to listen and answer any questions thrown at her over the two days.

The experience of working on our own dogs was terrific. I worked on a 5 week pregnant dog. The relaxation that came over her as I worked was amazing to see. By the end of the session I could work without holding her and use both hands which is preferable. Another dog I worked on slept for 6 hours afterwards. I did something she liked also. The other participants of the course have advised me that they also enjoyed it greatly. They are as keen as I, to do the next level.

Ann with Jack taking a break →



With Level one CT, I am going to use it on my dogs nightly, hoping to find an even closer connection than I currently have. Many thanks to Janis Hobbs for being so patient with all of us, as I know we tested you at times. A pleasure to be taught by you.

Julie Walsh CT Level I

Thank you , Julie. Loved it. Look forward to catching up again soon! Janis, Ed.

## At last, Sadie's retirement bonus

Level 1 May 16-18, 2014 Hepburn Springs Ins: Janis Hobbs

Liz Monty has been interested in the Equine Touch (ET) since she met Jock Ruddock, originator of the work, at Equitana Melbourne 2008 at the Equine Touch stand and experienced a sample of VHT (Vibromuscular Harmonisation Technique) from Jock himself. VHT is the human bodywork from which Equine Touch was developed.

Fast forward to a mild autumn weekend mid May 2014 and at last all the planets lined up for Liz to complete her Level One ET with the aid of the horses resident at the beautiful property where the course was held. Equine assistants were Liz's daughter's TB, Minnie, Clydie-X, Sadie as well as Ellie QH-X, and the ancient Welsh pony, Sparky. Liz's goal is to add Equine Touch skills to her expanding knowledge of animal care. Currently studying Certificate 4 for Vet nursing Liz considers Equine Touch to be a valuable skill to complement her vet nurse studies.

Perhaps Liz will be able to use her ET for future volunteering adventures caring for animals other than horses. Her trip to South Africa last September with her daughter to volunteer at a rehabilitation centre for animals was the trigger to prompt Liz to seek further knowledge in order to help animals in a more comprehensive way. An exciting variety of animals enriched the experience—the animals cared for at the centre ranged from eagles to lions to giraffes to rhinos to dassie (very big guinea pigs), honey badgers, to small native wildcats.

Closer to home, Sadie, Liz's daughter's horse, is the one who originally prompted Liz to commence her study of ET in order to provide some extra TLC for Sadie in her retirement. But I am sure all the other three will be queuing up for their turn too!



Liz's gentle & polite approach allows Ellie to "meet & greet" before commencement of the branding.



Day two, and Liz has "nailed it"! Pop the cap!



Sadie snoozes in the autumn sunshine after a hard afternoon's work as an ET "teacher's aide".

## Your Say

### Bramble's less 'prickly' with Equine Touch

By Denise McMasters. Level 2 ET

*Bramble* is my 21 year old TB and he is often referred to as the grumpy old man of our herd. He came to us only three years ago and was to be a paddock companion to my daughter's mare, and for the odd trail ride.

*Bramble* arrived in a bit of a sad state. I had not seen him, but simply bought him over the phone. He had rain scald, was quite skinny, he had a very recently healed fence injury that has left massive scar tissue on his right hind fetlock. (My vet didn't think he had received any vet attention by the way it had healed, or at the least they hadn't followed any advice given to them).

*Bramble* hated to be touched and it was quite obvious he was very, very uncomfortable – you couldn't pat him any further than half way down his neck without him moving away or looking like he was going to bite you. I told my kids to only pat his face.

He was also very "shut down", with his personality quite blank (other than the grumpy moments). His life had been full of work; he raced until he was nine and then spent numerous years in a trail riding business. I don't know that he had ever had a human truly care about him other than how fit he was to race or to earn money.

After getting some feed into him and once he started to put weight on I thought he was still unhappy in his body, so I started to do some research on what I could do to help him. I ran across Equine Touch and a course was coming up in Victoria so booked, without having any real idea on what ET was, I just wanted to help him.

I also arranged for a MFR body-worker to look at him. That session was a few days before my ET level 1, and I was so amazed at how he reacted I couldn't wait to start! He yawned, he stretched and he "cried"... he had tears streaming from his eyes. Afterwards he slept and was relaxed – the first time he looked comfortable since he had arrived two weeks earlier.

After now having done lots of ET on him (I try to do him every two weeks, and more if I notice him being a little grumpy about being touched). He loves ET and is quite funny about it all. He still is not keen on pop the cap, but I can now do it VERY lightly and some of the neck moves he can get unhappy and I often do them next to his body or have to remember to be very light in my touch.

Now once you start the branding process he now relaxes virtually straight away with rear leg rested and sleepy eyes, and I mean the first stroke from his neck in the branding will put him to sleep! I often do him in the paddock with his paddock mates nearby with them often going to sleep at the same time. The other day his herd trotted off without him, he looked at them going, looked at me and decided to stay and finish his session. Once I had done the last moves, I told him "finished", he rubbed me with his nose, then took off and cantered down to them. Shows how much he loves ET!

Branding is so important to *Bramble* (and all my horses as they all immediately start to relax). He knows what is coming and that he will enjoy it. It is interesting how quickly he came to associate the branding "routine" with pleasure. A friend was recently talking to someone who used to

*Bramble's* exuberance is evident as he joins in the horsey hurly burly.



work for the trail riding place he was at, and they were amazed he wasn't dead! My friend couldn't make them believe he was often seen running about rearing and playing. That is what ET has done for him... made him comfortable in his body and that has also changed his mental state. He is no longer the depressed horse he was when he arrived. He is the leader of the herd, he gallops and rears pawing the air in pleasure and when I watch him I feel in awe that something as simple as ET can bring him back to life.

Denise McMasters, Level 2 ET, Tasmania

#### Next ET courses in TASMANIA in SEPTEMBER....

Looking forward to catching up with *Bramble* & the rest of Denise's herd in September on my next round of courses in Tasmania. Level 1 ET Sept 12-14; Level 2 ET Sept 13-15, 2014. Anyone wanting to join us please email me as soon as possible on [equinetouch@hotmail.net.au](mailto:equinetouch@hotmail.net.au) Janis, Ed

**Look! →**