



The Equine Touch

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Hi Everyone,

Springtime? It soon morphed into hot summery type days around here! In any case it's time to dust off the motivation that was hibernating and get out there with your horses, preparing them for your next flurry of activities. Support your horse with regular ET sessions as you increase their training for your chosen equine sport activity.

With the spring growth I hope you all took steps to help your chubby equine buddy avoid the devastating affects of laminitis. It is not enough to "keep an eye on him!" until it's too late.

Be proactive. Adjust nutrition and exercise regime according to the individual's needs.

See The Equine Touch Facebook page for links to interesting articles including management of Insulin Resistant horses.

Keep in touch, Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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## A Tale of Two Teenagers

"Anything Affects Everything" was the article by Jock & Ivana Ruddock featured last issue focusing on how the Circle of Elements of Influence© affect the horse's wellbeing. Veronica Moore, New Zealand Equine Touch practitioner, has sent in an interesting story to follow on this theme.

I have recently seen two ponies, both owned by 14 year old girls from non-horsey families, and both of whom want to be vets. Girl A is heavily involved in Pony Club, and is significantly influenced by what

"everyone" there is telling her. Girl B is doing her best grazing her pony on the lawn of their house which is perched on top of a very steep hill. She seems to have no horsey support at all.

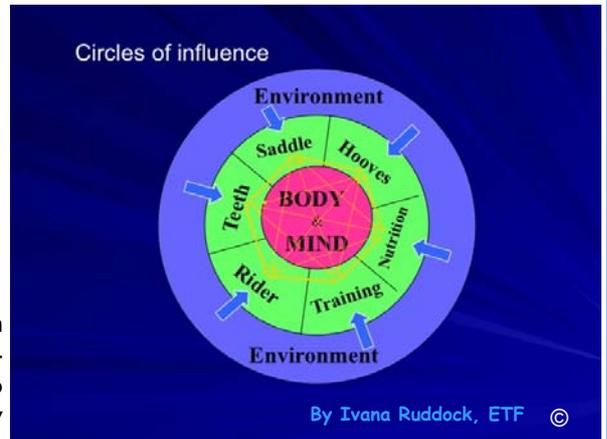
Girl A's mother rang me as they were having increasing problems with the pony. She told me that "everyone" had said their saddle was tipping the daughter forward, and they had been advised to buy a Bates saddle to cure that problem. The pony had started bolting, and so on "everyone's" advice it was now being ridden in a gag, although sometimes it was stopping, so "everyone" had said the daughter should also wear spurs. Mother was uncomfortable with the spurs idea, and so wanted me to check the pony.

I asked to see the pony being ridden and, sure enough, the daughter was tipped forward. She was tipped so far forward she was chewing the pony's ears as she trotted along. Even from a distance I could see the saddle was wedged down onto the pony's withers. To cut a long story short, on investigation it was found that the saddle tree was broken. I guess "everyone" was right - a Bates saddle (or indeed any saddle with an intact tree) would have cured the tipping forward problem!! I would hazard a professional guess that the saddle may well also have something to do with the pony bolting and stopping...

A couple of weeks later Girl B phoned me. She had only owned this pony for about 12 weeks, but it had suddenly started getting a bit nippy and wouldn't trot. She admitted - quite distressed - that at first she had got cross with it, but after a couple of days she thought she ought to ask someone because she didn't think it was right. Again it was a saddle issue and so we had a long chat and looked at options to resolve her problems. To say this teenager is keeping her pony in challenging conditions is the understatement of the year, but her whole focus was on her pony's welfare. When she pulled out her pocket money to pay me I declined. With her attitude she will be an awesome vet, and anything I can do to support her in that goal will be paid back to someone else in the future I'm sure.

The stark contrast between two almost identical situations has had me thinking a lot about Ivana's Level 3 course, and the elements of influence on the horse. In this case the ultimate difference was actually the influences on the rider and the advice they were receiving. Girl A was being told to deal with the pony's "naughtiness", whilst Girl B was considering possible causes for the change in behaviour and thought she should rule out pain. This whole affair has been a reminder to me about educating our youngsters to stop and consider **why** something has changed, rather than looking for a "quick fix" to deal with the change.

Veronica Moore, Practitioner, Tauranga, NZ



By Ivana Ruddock, ETF ©

## NZ News

### Progressing ET at Tauranga, NZ

Level 2 ET Sept 19-21 2014 Tauranga, NZ Ins: Denyse Cambie

A great 3 days under the patient and supportive teaching by Denyse and equine friends absorbing Level 2 Equine Touch moves on both humans and horses. The consolidation and importance of Level 1 going on to integrating Level 2, amidst much laughter, has left me very curious and excited about what Level 3 will uncover.

Going home to re-watch the Level 1 DVD with new eyes and understanding, and then the Level 2 DVD with Jock working on Rusty again and again was a great reinforcement of the weekends learning, each time picking up something I did not see the previous time.

I have gone home to practice on my 3 horses with new awareness - a hairy mini, a Kaimanawa from the 2012 muster and an older very round horse. The importance for me now is to become more accurate with the moves and locations to understand the muscle groups, tendons and skeletal structure of the equine to deliver the most effective equine touch. Mmmm now that dissection clinic with Ivana would be really interesting.... Thank you to Denyse for an awesome weekend and now to PRACTICE PRACTICE !!

*Sheryl Richardson, Level 2*



L - R Sheryl Richardson, Denyse Cambie (Ins), Karen Bevitt.

**Want to take your understanding of the “workings” of the horse to a whole new level?**

**BOOK NOW** to join in the fascinating discovery of what lies beneath the skin. *Class almost full.*

#### WHOLE HORSE DISSECTION CLINIC

With IVANA RUDDOCK

ETF Founder and International presenter

WHERE? PALMERSTON NORTH, NORTH ISLAND, NEW ZEALAND

WHEN? 28-30 November, 2014

Ivana's friendly & informative teaching style is engaging, her knowledge extensive, her enthusiasm infectious. This is a 'not to be missed' opportunity to enhance your Equine Touch studies.

Open to non-Equine Touch participants as well.

For bookings email [Ivanaruddock@aol.com](mailto:Ivanaruddock@aol.com)

### Kicking out, standard behaviour?

I never seem to have any photos but have had quite a bit of ET success of late. Last one was a crazy 2 yo overfed standard bred filly. The owner and the boarding facility said you can try but if it gets too dangerous we will just leave it. She was a rude ignorant tank and just walked all over everyone so I did what Jock used to do and took the lead, took her away from her familiar place, put a buddy in view, gave her a gentle tap with knuckles over the sinuses when she tried to run me over... (Ivana you didn't see that one when Jock did it).... and suddenly she noticed me. I did head moves very quietly and she melted a bit, then proceeded to do BBB, but starting from neck and working back. (Rules are made to be broken...) Got to sacrum and found the issue, before that she was the healthiest body I have ever worked on I think. She allowed all sacrum moves, even work on adductors, Logan basic. If you saw her come out of the paddock you wouldn't have put your worst enemy near the hind end. Final result a happy filly who wandered off with me for a graze on grass totally relaxed and not acting like a steamroller. Be interesting to see how her behaviour changes, the boarding place said she spends a lot of her day bucking and kicking out at imaginary things... sciatic pain probably.

*Janice Clyma, ET Instructor, Hamner Springs, Sth Island, NZ*

## Courses, Review Days and Practice get-togethers Victoria, Tasmania and Western Australia

It has been such a pleasure to see in the last few months that students have been returning for a review of Level 2, sometimes the whole three days, sometimes for just a day. Whether having completed Level 2 or beyond, it is always a desirable thing to do to refresh the memory and brush up on technique, to ferret out those little short cuts or habits that have crept in over time.

For me it has been lovely to catch up with past students face to face and hear how they have been putting their skills into practice whether in combination with other areas of expertise (for example trimming or horse training etc) or simply lavishing an extra layer of care on their equine partners.

I believe new students also appreciate connecting with others on the Equine Touch journey. Encouraging students to "buddy-up" with other Equine Touch students to support each other's practice is a particular focus for me. Human nature is such that often it is easier to commit to that extra practice if it is in the company of others on a similar bent. And you know, as I do, the horses appreciate your efforts even if sometimes you may be a bit off target.

If you are interested in getting together with other ETers for practice near Hobart, TAS or near Perth, WA let me know so I can connect you with Denise (Hobart area) or Megan & Debbie (near Perth). Keep up the practice!

Janis Hobbs, Ed

Day 3 Level 1 comes to a close at Campania, TAS  
Left to Right: Janis (Ins), Kim, Denise (L2) our host,  
Surey, Renate, Janelle (L3) and Villa. 12-14 Sept, 2014



Kim (Level 1)



Renate (Level 1)



Meagan (Level 1) performing the wither moves with aplomb on Coriander, one of the Highland X ponies at Tooradin, VIC. Good job! 22-24 August, 2014



Tooradin, VIC  
Samantha (L3) tunes in to Leo's reactions to the work and allows him time to yawn and yawn. Working in harmony with the horses, allowing the processing time, is so important.



Mardella, WA - 10-12 October, 2014  
Left to Right: Janis (Instructor), Marilyn (L3), Pauline, a sleepy Honey, Trudi, Michelle & Val with photo-bomber, Ben (RDA horse).  
Front, kneeling - Debbie (ET Practitioner) & Megan (L2), our host.  
Thanks to all for a great weekend!

So many more photos I could have put in but then the newsletter becomes impossibly big to send as I know some more remote areas sometimes still do not have reliable internet. More photos next time. And maybe some of you will write in with your progress following the courses to go with them, eh?

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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.thecanineatouch.com

The Equine Touch™ - Your gift to your horse.

## **Courses and Events Calendar 2014**

### **Australia**

November 25-27 (Tues, Wed, Thurs)	ET Level 1	Swan Hill, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
December 12-14 (Fri, Sat, Sun)	ET Level 1	Bendigo, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
January, 2015 TBC	ET Level 1 & Level 2	Bannockburn, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
Mid February, 2015 TBC	ET Level 1	Creswick, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
TBC	ET Level 1 & Level 2	Charlton, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
Still working on pro- gram for 2015.		Email me with your Expressions of Interest for SA, NSW & S-E QLD	

### **Calling all ETers who will be attending EQUITANA in Melbourne!**

Some of us will be getting together for a catch-up  
inside the main hall, near the steps.  
**Saturday 22 November, 2014 at 12.00 NOON**  
Care to join us? Look for an ET Logo.  
Or ph/text me on 0409 403 144

### **New Zealand**

November 7, 8, 9	ET Level 2	West Auckland, Nth Island	Denyse Cambie 021 347 090 Denyse_cambie@yahoo.co.nz
November 28,29,30 2014	Whole Horse Dissection Ivana Ruddock	Palmerston North, Nth Island	ivanaruddock@aol.com
	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

Keep a look out for  
the next issue  
**December, 2014**

