



**The Equine Touch**

Editor:  
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Hi everyone,

A great 4 day weekend of ET study & making new connections with other ETers was enjoyed at the recent (end of August) Level 3 course. The GOOD NEWS, no, the GREAT NEWS is that Ivana Ruddock is offering another Level 3 at the end of November. (See last page for dates). This Level 3 course is for you if you are

- Level 2 students seeking to advance your study of Equine Touch
- Level 3 who wish to review
- Practitioners due for On-going Professional Development

This time an extra one day course will follow. No need to be a student of Equine Touch to participate in this one day **Mobilisation & Stretching** course, first time offered on the East Coast.

**For bookings contact Janis at equinetouch@hotmail.net.au**

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

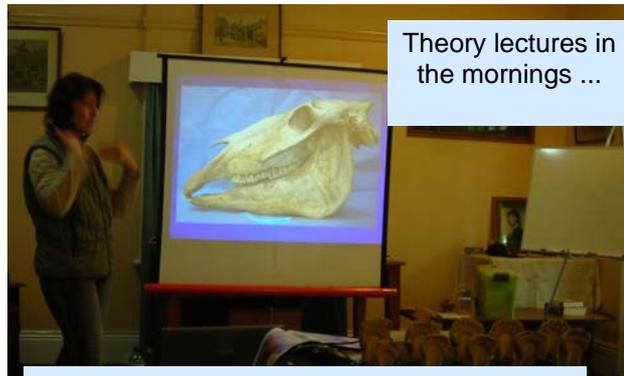
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## The Equine Touch Journey continues

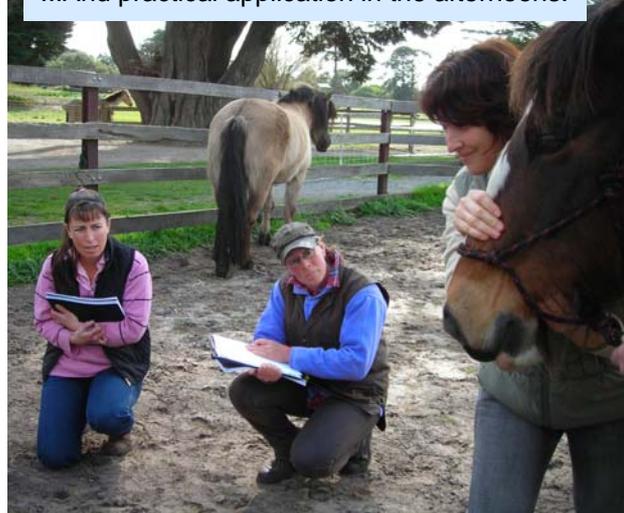
### Level 3 Equine Touch comes to Tooradin Estate

Instructor: Ivana Ruddock 26-29 August, 2011

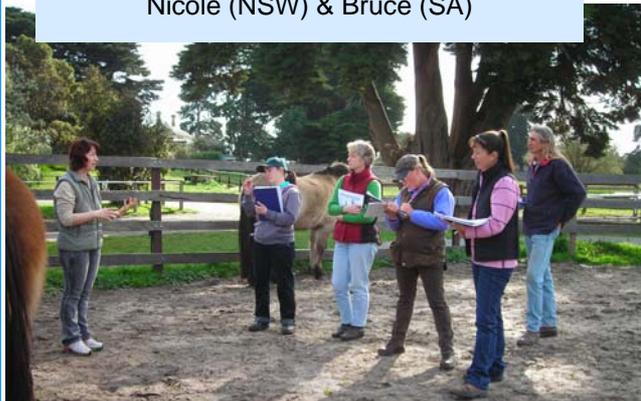


Theory lectures in the mornings ...

...And practical application in the afternoons.



Ivana, Belinda (Tas), Sue (NSW), Sam (Vic) Nicole (NSW) & Bruce (SA)



A dedicated group of students journeyed from afar, NSW in the north, South Australia to the west and Tasmania in the south for Level 3 presented by Ivana Ruddock, MVDr.

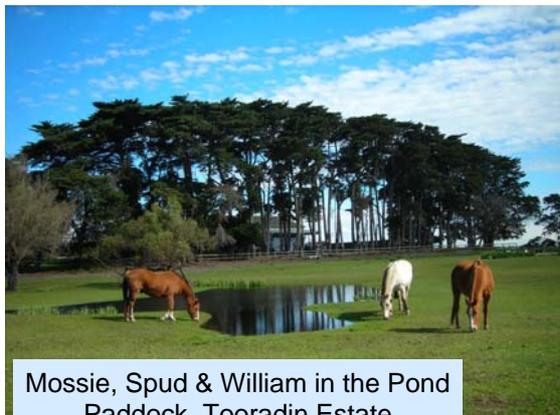
Focussing on the *Circle of Elements of Influence* © Ivana's energetic & enthusiastic teaching style & information packed presentation lived up to the usual high standard. A new mind expanding experience for a couple of the students and a "pounced upon opportunity" to review for the others, the students' attention remained riveted and the complimentary comments kept on flowing. (See page 2 to see what students say about the course.) Ivana's presentation of in-depth theory lectures in the morning and practical application in the afternoons seems better every time I see & hear it.

If you wish you had been able to attend this time but were not able, don't miss out on the next one! **Next scheduled Level 3 will be 23-26 November, 2011 at Tooradin, Victoria.**

**Following the Level 3 will be a (One Day) course for Mobilisation & Stretching.**

Contact Janis on **equinetouch@hotmail.net.au** for your application form. Great opportunity! Don't miss out!

## Tooradin Level 3 with Ivana Ruddock (CONTINUED)



Mossie, Spud & William in the Pond Paddock, Tooradin Estate



Another thank you ... Johnno's scones, jam & whipped cream were a hit at morning break.

### Student feedback :-

With revising Level 3 I was able to pick up a lot of new information and revise some things I had forgotten. Well worth the trip though I have been flat out catching up with consultations.  
*Belinda Atkinson, ET Practitioner, Tas*

It has been 18 months since I completed my first Level 3 weekend with Ivana and Jock, and I was really looking forward to reviewing what we had learned last time. I'm amazed at how much more I picked up from the second time around. I don't know if it was because I was tired by the end of the first Level 3, or that there were different people this time and therefore different questions being asked, or if there was new content in the course! Whatever the reason, I had a fantastic 'review' and learned HEAPS more. I'm so pleased Ivana could find the time and energy for a visit to Australia. It was well worth the drive to Tooradin.  
*Nicole Heenan, Level 3 ET, NSW*

A BIG THANK YOU to Sally Francis, our host, for her hospitality and "on the ground" organization. Thanks also to Penny, Prue and "Coriander" for their part in the principles of saddle fitting demonstration.

## Equine Touch in Action —Cooperation is the name of the game

After completing her Ongoing Professional Development requirement by attending Level 3 at beautiful Tooradin Estate, Victoria, at the end of August, Belinda Atkinson, ET practitioner & Homeopath from Tasmania squeezed in a visit to one of her clients in near-by Pakenham, Victoria to follow up the "over the phone" homeopathic consultation with an ET session. The great news for Belinda's horse clients is that through interstate cooperation these horses will continue to receive follow up ET sessions as required from local ET practitioner, Julie Veenstra (Woodward).



Pictured here are two Tooradin Estate residents, *Calvin & Beau*, who are often "tutors" for the ET courses I conduct here. This day they are demonstrating cooperation with a mutual grooming session, their own version of Equine Touch.

## NZ News

### Hamner Springs—snow on the ground!

Level 1 at Hamner Springs, South Island, NZ August 19-21, 2011

Instructor: Janice Clyma



Magali Prigent (Maggie)

Had a great clinic and two A+ students. The two students were Magali Prigent (Maggie) and local girl Karima Walker (Blonde). Both took to it well probably because they had done quite a bit of hands on horses before, and not once did I see a backwards (reverse) move. Last day Maggie got quite emotional with the horse she worked on as she had done lots of work on him during the time she has been here, osteo, cranio and acuscope plus riding him. Watching his releases and how he worked with her on a body balance she could see so many more shifts in his body and releases were strong. She has good energy hands and will do well getting results on horses when she goes home to France. That white stuff in the back ground is really snow... and it was much deeper on day one. Cheers Janice.



Karima Walker



Snow!!

### Your Say: Is your horse a "roarer"?

Chatting with Mary Carroll, Level 2 ET student, Victoria, she mentioned how she uses her ET skills to help her own horses. Breeding horses & training them up for sale is part of her business. Porter, an 11 year old gelding, is one she has brought back into work (dressage and show jumping) over the last 6-7months. Mary remarked that she has noticed a huge difference in the horse with Equine Touch. As well as improvement in an issue with one of his hind quarters, where he was stepping short, the regular ET work helps with the fact that he is a "roarer". This is a condition where the trachea (windpipe) can be partly restricted and creates the roaring noise as the horse is asked to work harder and thus requires more air. When he begins to get short of breath he quickly gets more tense and of course muscles & tissue of the throat become even tighter exacerbating the situation. She noticed that when she performs ET on him first he is much more relaxed in his workout and will stretch into the bit better making breathing easier. The Equine Touch session helps relieve any initial tension before the work, "When he is fit and relaxed he can canter up to 10 minutes. He just travels much better".

Mary also notes that her approach to developing the horse is wholistic. As Ivana Ruddock always points out, "Everything is connected to everything". Part of Mary's care for the horse includes Connected Riding and barefoot trimming. "I have always trimmed my own horses' feet but am able to do a better job of it and help the horse more by incorporating a few pointers from a trained barefoot trimmer."

To help Porter she is also looking into alternatives to him having a corrective operation for the roaring which he would need before being able to take part in competitions and will also consider acupuncture as a possibility to assist.

## ET in Action out West

### Deb Ryan, ET Practitioner holds regular Equine Touch Information Days at Wadi Farm, Nannup, South West WA

Equine Touch (ET) is being used in Western Australia to help at risk heritage brumbies rescued from the remote outback. The wild horses are rescued by the Outback Heritage Horse Association of WA Inc, a registered charity, and are brought back to rehabilitation properties in Margaret River and Nannup. "Wadi Farm", near Nannup in south west WA, provides a haven for some of the rescued horses. Debra Ryan, an Equine Touch Practitioner from Collie, is also an OHHAWA member and provides free ET sessions for the recovering wildies. Deb has been providing this service since early 2009.

Wadi Farm hosts regular free ET Information Days so that anyone who is interested can go along and watch Debra work on the rescued horses as well as on the progeny of some of the brumbies. (Start 'em early!)

The last ET Info Day was in early June and was attended by eight horse owners from around the south west. Despite the cold weather, Deb worked on several horses - some with particular health issues - and explained not only how ET worked but also how it had helped in individual cases. Katherine & Kevin Waddington, the property owners and foundation members of the charity, also noted how ET as a form of bodywork was contributing greatly to the training of the rescued wild horses. Most of the horses arrived in poor condition and generally very sore, and ET helped not only to relieve soreness but also to release emotional trauma and teach them that human hands = gentle hands.

The OHHAWA is extremely grateful to Deb, for her time, effort and imparting of knowledge. Deb is also a successful endurance rider and very knowledgeable re mineral deficiency in horses,

These photos are a selection of Deb at work at the June clinic at Wadi Farm including photos of Deb working on a mother and daughter - a two day old filly foal from a wild rescued mare.

The grey brumby mare "Lilly" in the photos from the clinic had foundered in her front feet and although she was recovering, the founder caused major sacro problems for her. Deb has given her regular sessions and helped her through that. The flaxen chestnut colt (born from a traumatised wild mare), has had ET to help him through general soreness but also to help him get over his mother's issues and trust people. He loves Deb's visits! The photo of the little chestnut colt "Basil" in the yards was taken because Basil was wild and scared but during the clinic he backed up to the yard railings and kept presenting his hindquarters like he wanted ET too! He stayed very close and watched the ET, like he was feeding off it.

Contributed by Katherine Waddington



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 BY EDUCATING  
 HUMANS"

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[www.vhtworld.com](http://www.vhtworld.com)

*The Equine Touch™ - Your gift to your horse.*

## Courses and Events Calendar 2011

### Australia

September 30	Tom Quilty Gold Cup Challenge	Mt Pleasant, South Australia	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
October 14, 15, 16	Level 1	Newcastle area, NSW	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
October 21, 22, 23	Level 2	Newcastle area, NSW	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
October 29, 30, 31	Level 1	Bendigo, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
November 23, 24, 25, 26	Level 3 Ins: Ivana Ruddock	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
November 27 <b>Look!</b>	Mobilisation & Stretching (One day) Ins: Ivana Ruddock	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
January 13, 14, 15, 2012	Level 1	Bendigo, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
January 14, 15, 16, 2012	Level 2	Bendigo, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au

## Hall of Fame

Congratulations to the following new practitioners!

Ashlee Demanuele, Victoria  
 Alex van Beek, Queensland  
 & Jacqui Addison, Western Australia

**YOUR SAY:** What is YOUR ET story?

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

Keep a look out for the  
 next issue in  
**October-November,  
 2011**

