



The Equine Touch

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Hi Everyone,

Hope you all enjoyed a Happy & Safe Christmas break and wish you all the best for a fabulous 2014 in the Chinese Calendar, Year of the Horse.

Received great feedback about the Level 3, Mobilisation & Stretching and Level 4 classes conducted by Ivana Ruddock at Tooradin, Victoria in November, 2013. Can't wait for the next visit!

Keep in touch, Janis,Ed



Inside this issue:

Level 3—Student Feedback 2

ET Top Tip 2

Sam's ET journey - Lure of Learning 3

ET Practice Day at Creswick, VIC 4

Canine Touch at Moyhu, VIC 4

Course & Events 5

ANZET NEWS

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Ivana's classes @ Tooradin Estate Nov 2013

Another successful visit to Tooradin Estate by Ivana Ruddock, another group of Level 3 students encountering the information packed experience that is Level 3. A couple of Level 3 students stayed on for the one day Mobilisation & Stretching course, where they met some of the Level 4 participants. It was only the second time this course has been presented in Australia and I am sure participants will put this new information to good use!

Level 4 saw the return of practitioners fulfilling their On-going Professional Development requirements as well as some Level 3s just eager to expand their ET knowledge in the class known as Jock's Equine Touch & Beyond. Ivana presented it with a newly revamped manual and her usual exuberant & inspiring teaching style.

At these courses students inevitably share some of their experiences; this time we scheduled Pizza night (one evening at each class) for a concentrated "Show and Tell" session to focus this exchange of information. Delighted with the lively discussion & exchange of ideas! Pizza night Show & Tell will definitely be on the agenda again next time!



Ivana and Elmo



Level 3



Level 4

Your Say

Inspired & motivated, getting great results

I have just finished attending the Level 3 Equine Touch course at Tooradin, VIC and it is hard to explain how much impact the 4 days have had on my life. I have had horses for over 10 years and have been interested in learning about horse behaviour, and how to train horses, for the past couple of years. I have moved into trimming horses' hooves and training 'wild' horses as well as horses that have suffered extreme trauma. I believe the information I have received - and hopefully retained - is essential for all horse owners; information on teeth, hooves, skeletal and muscular systems, in addition to Equine Touch. The only way to describe how I feel from attending this course is that I am empowered and inspired. Not only have I learnt an enormous amount about ET but also about myself and the horses and with that confidence and understanding to trust and develop better 'feel'.

Since the Level 3 course I have been practicing ET as much as possible and have been having some amazing results. The farrier noticed a difference when trimming a difficult horse. I had started doing some forehead procedures and also TMJ in some instances and the calming effects were instantaneous.

I am handling and training 'wild' horses who are quite often very sensitive to touch and am finding that ET is a wonderful tool to enable them to learn to accept touch all over their body. I am also finding that many horses that I suspect have been roped are extremely sore around the poll and I am having a lot of success with ET moves in this area.

Andi Tyndall, Level 3



Andi & Sam
Checking the teeth...

Re new level 3 moves: Having come home from an exhausting yet very rewarding Level 3 with Ivana I was so keen to get out there and see if there were opportunities to apply some new moves to the horses I have been working on. I have found that 3 moves, Tongue, Hyoid, and Atlas seem to be very well received....one horse fell asleep while I was doing Hyoid!! Another newly learned procedure I tried out was Holistic Back Opening (HBO). This was on a horse who is very "closed" as far as giving you feedback. I got to the last move of the HBO and he started yawning....and he did about 5 big yawns!! I will also add that this session with this horse was our best yet. Yay for Level 3!!!

Re discussion night: Our level 3 discussion night was a real treat. I was astounded and in awe of the diversity of people we had sitting around the table. When you are in learning mode during the day it does not leave much time for really getting to know your fellow participants, but the "round the table" discussion of our skills and interests opened my eyes to the amazing group of people I had been spending my days with! From a guitar maker to a Shaman healer.... I felt I was in the presence of a most remarkable group of people!! I encourage everyone who is attending an Equine Touch course to participate in nights like these; you never know what you may learn and what you may be able to impart to someone else, however small it may be.

Janelle Baldini, Level 3



Janelle & Louisa, both from TAS

ET TOP TIPS

Jock Ruddock always reminded us that in Equine Touch our positive and confident attitude is important; that if you approach performing the Equine Touch with a negative attitude that a negative outcome will surely follow. So, right now, **stop** that negative self-talk like "I can never get this move." Replace it with "I know it's getting easier & easier to remember this move! Let's see if I can remember it this time!" And if you don't remember it, no big deal, check your manual again. For the sake of the horse as well as yourself maintain a positive outlook.

Somewhat like learning to play a musical instrument it takes some dedication to build your Equine Touch skills. You need patience and practice. Keep reviewing your take-home support materials; keep practising in order to become more accurate and fluid in your moves, to maintain the flow and develop your feel. Persevere and *Voila!* One day, instead of feeling clumsy and tuneless, you'll be "an overnight success" making music .

Your Say

Sam's Equine Touch journey — Lure of learning

Initially I had only ever intended to do one or two levels of ET but when I heard that Ivana Ruddock was coming to Melbourne in November, the lure of learning from Ivana as one of the founders of ET was too great. November is a very busy time of year for me so when the time came, I wasn't feeling too enthusiastic about heading down to Tooradin for 5 days* but I'm so glad I did. I think those who completed Level 3 with me would agree that Level 3 is the level that brings everything together and makes Level 1 and 2 make sense, not to mention Ivana is a fantastic teacher and we all had a great time down there with a lovely group of people. (*Level 3 is 4 days. 'Day 5' was the Mobilisation & Stretching one-day course. Ed.)

Fresh from returning from Tooradin, I had a renewed enthusiasm for ET so I didn't hesitate to put it to the test when two weeks later I had the equine dentist coming to my four geldings. One of my geldings, *Navajo*, I had only owned for about 3 months and he is a Northern Territory brumby, born and raised in the wild. He was passively trapped only about 12 months prior as a 2 ½ year old stallion and taken in by Andi Tyndall (also a Level 3 ET student) who runs a business called *All Things Brumby* which takes in, handles and re-homes brumbies. I decided to adopt my brumby from Andi because I liked the fact that she had a "no force" policy, she will not force contact on the horses, instead she works with them until they are ready to accept contact, their choice. I knew from the very moment Andi took *Navajo* in that he was the one I wanted however it soon became apparent that *Navajo* would turn out to be Andi's greatest challenge as he had an extreme fear of humans. It is thought that in the capturing process he was abused in some way so his first ever interaction with humans was not a good one. But he was the one I wanted so I encouraged Andi to learn as much as she could from *Navajo* and he would have a home waiting for him with me when she was satisfied he had reached a level of handling she was happy with and that time came about 12 months later.



Upon arrival at my place, *Navajo* would not come anywhere near me as he had bonded with Andi and I needed to prove myself worthy of his trust. Two weeks later he accepted touch from me and I have continued on with his handling from where Andi left off. Now 3 months on I had the dentist coming and I didn't know how he was going to cope with it as it was a lot to ask of him so I prepped him well for the occasion. I also had the vet there to sedate him if need be.

Just prior to the dentist and vet arriving I did as Ivana had suggested and performed ET on all four horses, in particular addressing the poll and the TMJ. By the time the dentist and the vet (with baby and pram in tow) got there, all four horses were so relaxed from the ET that they barely noticed them arrive and I am so happy to say that *Navajo* had his teeth done without incident and without any need for sedation. I really feel that without the ET, this probably wouldn't have been possible. A few hours after the dentist left I again addressed the poll, TMJ and hyoid with huge responses, particularly from *Bailey* and *Navajo*, who are both 3yo, probably because there is so much going on in their mouths at this age.

I should add that at about the time I adopted *Navajo*, I also took in a little Chihuahua rescue, who was about 10 years old and in quite poor condition. He is thought to be an ex-puppy farm breeding dog who exceeded his use-by date. He was underweight, timid and had a number of minor health issues but his biggest problem was luxating patellas in both hind legs. I consulted the vet about this but she confirmed given his age and the extent of degeneration in his joints, surgery was not a viable option. However, she did suggest that a lot of people were having great success with these conditions with body work so I started doing ET on him and the changes in his mobility within a week was nothing short of miraculous. I have continued to perform ET on him on a regular basis and he is a new dog so I might have to look at enrolling in a Canine Touch course some time in the not too distant future.



Samantha McCormack, Level 3

Canine Touch? — Yes! You can help your dogs too! See next page...

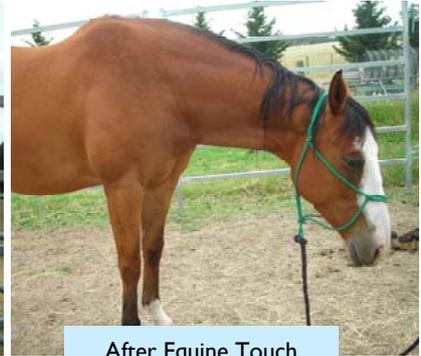
ET Practice Day-Get-together, Creswick

December 21 2013 *Ins: Janis Hobbs*

The girls were good sports and donned the Santa hats for a little Christmas flavour for the “team photo” at the ET Practice Day-Get-together. Short notice this time plus timing—just before Christmas- accounted for the small group however, everyone, including the horses, seemed to enjoy the day and there will be more scheduled from time to time. Great opportunity to catch up with ET friends, or make new ones, not to mention getting in some ET practice.



Andi enjoys a Magic cuddle



After Equine Touch

Canine Touch? — Yes! You can help your dogs too!

Moyhu, VIC 16-17 Nov, 2013
Ins: Janis Hobbs



A stroll down the driveway to the gate-post decorated with a guardian-mascot dog with long floppy ears allowed the pack of humans and dogs to socialize/get acquainted and bond before commencing the two days of study. Must have been an “ear-raising” experience judging by how we discovered the mascot on our way out after the course! (Pic at right). Strange... the dogs relaxed right into the dog focused soft tissue bodywork . (See photos below)

A small but fun group which included the short and the tall when it came to the pooch participants; the “host” was blue heeler Bear, with visitors Flash, Jack Russell, Bart Chihuahua-X and stag hound, Peppa. Looking forward to the next installment! Thanks to Sam & John for making us all so welcome. (Special treat - John’s yummy scones for morning tea!)



After Canine Touch ...

Dogs asleep everywhere!

