



The Equine Touch

Editor:  
Janis Hobbs  
equinetouch@hotmail.net.au

Hi everyone,

Spring has sprung! Sunny one day, raining the next. Green feed everywhere in some parts hopefully with careful owners implementing plans for managed access to pasture for the over-indulgent ponies in our care to help protect against laminitis or founder.

Are you getting back into more horse related activities after winter lay-off? Help support your horse while training to build up fitness; use the skills you've learned & incorporate regular Equine Touch sessions.

I know you'll enjoy the reader stories in this issue, one from an Aussie ET practitioner overseas and another from a recent Level 1 student. There's more lined up for the next issue too! Keep them coming!

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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## International Equine Touch Day Story Prize to Belinda

Congratulations to Belinda Atkinson, ET Practitioner, Tasmania whose story submitted to Ivana Ruddock for International ET Day featured in the September issue of the International Equine Touch newsletter, "Equine Touching", earned her a prize, a beautiful pottery horse head hand made by Ivana herself! Well done Belinda, and the other recipients, Wendy Schaefer (Germany) & Cindy Loader (USA)!

## Making Changes at Mardella, WA

Level 1-2 10-13 August, 2012 Instructor: Janis Hobbs

In August, it was time to wing off to the west again for another Level 1/Level 2 course, this time kindly hosted by Megan Funston at her property, "Mardella Creek Farm", the first of many to come I hope. A wonderful turnout of students, most of whom already knew each other, which means potential opportunities to support each other as study buddies after the course, always a plus to keep each other motivated to put in the practice and build on the fledgling skills. Western Australian weather was in turn superb (beautifully sunny) and testing (Day 3 - part heavy down pour and high winds, part overcast, part gentle rain).

Megan Funston & Debbie Pollard marshalled the troops to bring horses to supplement the resident horse participant numbers. Thanks to all for their cooperation in doing so despite a few incidents including mechanical problems with a horsefloat. It was great to see the cooperation between students and the willingness to meet the challenge to stretch themselves by working with different horses and different partners over the three days, everyone making some great changes in confidence as they grasped the ET move technique, made some new realizations etc.

The responses of our equine subjects proved to be very helpful in demonstrating how important integrity & intent is. Lucas was the first demo model, and very clearly telegraphed his skeptical view of bodywork & strangers touching him (swishing tail, flashing teeth) but also showed some evidence of being won over as we progressed, not forcing the issue with him, as he intermittently exhibited some of the usual signs of relaxing into the work.

Lucas was called on again as a demo model for the last day of Level 2, He again communicated very clearly when he had had enough, but was later offered a little more and was seen to be literally leaning into the work on an area (HQ) which had previously been a 'no-go' zone.

Megan was the sole L2 student and handled the pressure well achieving some lovely results!



Megan with a mellow Lucas, Day 3 of Level 2



Lucky the Lamb snuggled up to Benny the "Nanny"



Beautiful Buzz, with Caren & Tine



At last, Comanche's feet are still...



Post-ET Peanut, snoozing

Smiles & certificates all around! Well done, everyone!



## Your Say:

Woody's 'out of the woods'  
thanks to ET

Kerri Gibbs, Level 1 WA

"What made you decide to do the ET – Level 1 course?" Janis asked the group of eight gathered on a sunny deck in Nannup one March morning. I was somewhere in the middle of the eight and as my colleagues started to give their answers I wondered if I could get through mine without getting too emotional. Sounds dramatic I know, but Equine Touch has had a significant impact on a particular horse in my life.

Woody is my five year old Brumby that has been with me since he was eight months old. Without going into all the details Woods has had an accident prone life. To name a few incidents - he's been through fences where there wasn't a gateway, he's done headstands when remaining on his hooves was a smarter option and he's split a hoof open to the coronet band whilst hooning around his paddock. Now please don't think that Woods is just a klutz because that isn't entirely true. He can spin on a dime, has no problems leaping fallen logs and has even won a Horsemanship Class at the local show.

The repercussions from Woody's above acrobatics came back to haunt us when the time came to start his riding career. A pattern soon formed and after about three months of ridden work, Woods would break down in spectacular style. Thankfully I was never in the saddle at the time. He was always kind enough to warn me before I mounted that things weren't right. There was an issue in Woods' 'back end'.

We investigated the usual channels. Woods would have three to six months of rest and treatment, then come back into work only to have the same thing happen again in another three months. After the third break down I didn't know where to go next. At that point a friend suggested I try Deb Ryan, a local Equine Touch practitioner. Deb came highly recommended - and I was desperate! If Deb couldn't help we were in trouble!

To be perfectly honest I didn't know much about ET. Sure, I 'googled' it but I still didn't really get it. Like I said, I was desperate so I asked Deb to come out and give my boy an ET session. Watching Deb work on Woody I still didn't know what ET was! Deb was doing little moves all over his body and I kept getting in trouble because Woods was touching me!! It was all a bit bizarre really. It was the second visit before I could see the impact it had on Woody. He was so eager for Deb to work on him and he relaxed almost immediately. Deb was able to get into areas that were strictly off limits the first time. I could see the yawning, chewing, muscle spasms, blood pulses – it was fascinating to watch!

The best part was that I was soon able to start riding Woods again. In October last year we completed the Donnybrook Horsemen's Club annual winery ride. I was so pleased and proud of him. I know now that to keep Woody sound he needs bodywork every three months. This was a big incentive for me to complete the Level 1 course.

Now I can give Woody his maintenance ET sessions in between Deb's visits which means I can pick up on areas of concern before it is too late.

Whilst Woods and I were both very fortunate to find Equine Touch and Deb Ryan, Woody is not the only horse that has benefitted from my completing the Equine Touch- Level 1 course. My other two horses are also now enjoying regular ET sessions. In fact all three were given a body balance just last week in celebration of International Equine Touch Day. The feedback they gave is that they are all firm supporters of this annual event.



Woody loving the TMJ work from Kerri at the Level 1 course March, 2012, Nannup, WA

## Student feedback:-

Hi Janis,

Thanks for the course. I enjoyed it a lot. I have had a practice on my husband and my 21 year old horse as well as Rarity (the Arab mare I brought to the course). They all enjoyed it! It will be interesting to see what changes as I do more and perfect the technique. I found that my old horse was much softer when lifting the hindlegs than Rarity so it will be interesting to see if this improves. Hind toe dragging has been a major on-going issue with Rarity. Fran S. Level 1 (Mardella, August, 2012)

## Your Say:

### Hi from Korea

Michelle George, ET Practitioner

First I would like to say that I was unaware of Jock's passing!! I have been living in South Korea for the past year, with my husband who is working on an Australian project here.

I was shocked to hear this news when I read the last newsletter. I have only been getting these newsletters for the past few months. Jock was such a wonderful man and teacher; I can only express my deepest sympathy to Ivana.

I finished my Equine Touch courses and practitioner level a few years back with Jock and Ivana, when they were using the Parelli Study Centre at Wilton in NSW. We were a small group from varied horse fields - show jumping, pleasure and my background was Endurance.

I remember one of my friends' horse's had sustained a very bad injury whilst away at a horse trainer. He had reared over and landed head first on a metal stake, which punctured the top of his head. When he was sent back home he was not the same horse!! He was fearful of anything around the top of his poll area and he seemed to be wary of anyone around him. She asked me to come take a look at him; he was quite wary of me, but I slowly put my hands on him all over, noting areas of his pain. So, that first day I just did a Basic Body Balance, very slowly, with lots of waiting time in between each move. We didn't get a lot of reactions that first day, but the next time I came back, which was a week later, he was definitely a different horse. His head looked up as I came into his yard and he actually came over and nuzzled me!!! Awesome!! So, again I just did the Basic Body Balance, but this time his reactions were evident. A lot of tongue licking, and his body seemed to just 'soften' under my hands. So again I couldn't come back for another week, but this time did some specific moves in certain areas. He was still vary wary of being touched around the top of his poll but was being less and less worried about it. Also his whole way of walking was improving. Before he had an uneven length of stride and his hindquarters were out of balance, which was evident when you stood behind him. So, every time I came to visit, 'Palio' came to greet me in the yard, eager to be 'Touched'!! We continued his sessions for another few weeks, then his owner started to play with him and get his confidence back, and taking him out to the trails around their farm. He did eventually recover and they ended up selling him to an Endurance competitor in another part of the state.

Since we have been here in Korea I have only had one opportunity to show people what Equine Touch is about. As there is limited space here to keep horses, a lot of people have them stabled at a public stable facility. Owning a horse here is quite expensive....and the riding area is usually not like what we are used to back in Australia. Most riding is done in an arena, usually with some jumps set up and also an area for beginners to learn. Most horses are stabled night and day, and of the 5 stables I have visited, only one had partitions where the horses could actually see each other and the outside world!! Show jumping is very popular here, so my one and only time to demonstrate was on a jumper that had just finished a work-out. I asked the owner if it was ok to do some 'work' on his horse, and even though he didn't quite understand me I just did a Basic Body Balance.

The big black gelding was just gorgeous and I tried to explain my moves as I was going. Now my Korean language skills aren't that good and his English wasn't that good, but my Korean friend who was with me was able to interpret most of what I was saying. The gelding did show some responses, of which I was glad, but standing on hard concrete and being tied from both sides doesn't do much good. I am hoping to get back to that stable soon and maybe just hang about and do some more 'work', even just for the sake of the horses and not for payment.

I am glad to be getting these newsletters now, keeping in touch with what is happening and when we get back from here in another year, will be keen to do some refresher courses.

Kind Regards,  
Michelle George



**NZ News**

**Hamner Springs—Level 1 August 2012**

Ins: Janice Clyma



Great Level 1 class, in order from left, Chrissie McNickle Ireland, Andrea Hailfinger (kiwi German), Graham Sharp, Darfield, Silvie Ward, Oamaru (Andreas Daughter) and Tracey Ferguson, Auckland. All would like to do a Level 2 which is grand. We even had 3 days of fine weather, however moulting horses not such fun for beginners, chalk didn't stick well ☺ cheers JC



Pop the cap



Processing time ...



"I'll read the instructions. You just keep going"

"Yep, I can stretch more now."



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Come & join the Equine Touch Australia group, where you can connect with other ET enthusiasts & share your ET stories.  
Also check out these pages:- Equine Touch Addicts and The Equine Touch .