



The Equine Touch

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Hi everyone,

End of January seems a bit late to wish you Happy New Year ... anyway let's make 2012 a good productive one putting our ET knowledge to good use and getting the word out there to more horse owners.

We are off to a good start! We have a new ET instructor on board in NZ now and Ivana is teaching courses in NZ as well as one in Australia before heading off on her travels. See course list on last page of the newsletter.

Keep in touch.

Janis, Ed

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Leaping into a new role—Congratulations, Denyse Cambie! Newly Appointed Equine Touch Instructor, NZ



In full flight, Denyse Cambie, newly appointed Equine Touch instructor, Tauranga, North Island, New Zealand, riding Devlyn, 8 yo 3/4 TB, 1/4 Trakener

January 2004 was when I started ET by hosting a course after hearing about ET from a friend. I kept organising courses every summer when Jock and Ivi were in NZ, and moving up the levels myself eventually becoming a practitioner, but I mainly did ET on my own horses and dogs, and a few friends horses.

Now I only have 2 horses (who I bred) so life is much easier than when I had a lot more, but as we do horse trials I spend most of my time keeping them and myself

fit. They are in their second competitive year so as we move up the levels they need to be fitter, which leaves me little time for looking after my property, working full time and doing ET on other people's horses, but my boys have Mondays off so that's my ET day.

I always believed in the modality but between lack of time, and my lack of belief in my ability / experience I initially didn't accept any other ET work offered. Then I heard about a horse that was going to be put down and I begged to be allowed to work on him and give him one last chance. He was in the most pain I have ever seen a horse and he had only been ridden for about 3 months of the 2 years the current owner had him. Sold by an unscrupulous dealer (who probably got him from the dog meat truck) and possibly drugged when purchased so as to appear sound, he had apparently been shunted from behind in a major racing crash. Maybe his only care after that was turnout, but shortly after his new owner bought him it became obvious all was not well. His front end and back end looked like from 2 separate horses, but with his new owner he had been having very expensive and ongoing vet treatments, special shoes and all sorts of other bodywork to no avail. His owner told me he hadn't managed to cope with any previous bodywork and he wouldn't let me touch his withers, his hamstrings, his neck, his head, his shoulders etc. I said to let him make that decision, and to her amazement he let me do everything except his shoulders. His owner was completely stunned with the difference a few days after his first session "I don't know what magic you did but he let me put my hand on his wither in the paddock without a halter". She had already taken him off the \$1000 a month injections, but then took his shoes off as well and after 3 sessions he was back in light riding work, had put on weight, had a glossy coat and eye and was loving his new life and loving being able to roll right over and play with other horses (he understandably didn't play before).

After that I decided I needed to work on more horses (apart from mine who have had ET since the day they were born) so I started accepting limited work and finding a great satisfaction in working on all sorts of horses from those just needing a little TLC to more serious cases. Along the way I picked up some human cases too. Although they were strictly non paying (as I hadn't paid quite so much attention to my human studies) but again I had some amazing results and now want to expand my learning in the human side.

Jock told me the last time he and Ivana came to instruct, that by the time he came back next summer I needed to be perfect in Level I so I could be an instructor. I didn't really have a big yen to, although I enjoyed taking refresher days and tutoring the students, but after Jock became ill I realised that the work needed to continue. So I am now an instructor and looking forward to introducing more people to the ET way of life.

NZ News

A note from Janice Clyma, Instructor:-

Extract from email from Janice Clyma:-
 Good news! Ivana is coming down from the North Island for a Level 3 to be held 27 – 30 January at Hanmer Springs, and the following Friday starts a Level 1. Better stir up the troops as it will probably be the only Level 1 in South Island that Ivana will teach this year. She is also keen to do a Mobilization and Stretching class and even a Canine Touch demo during the week if there is interest. (Email janice.clyma@xtra.co.nz to register Expressions of Interest).



Attached is photo of my new baby, *Mick Dundee*. His father was an Aussie imported cremello 98%TB and mum is that bay mare *Daisy* that you did some work on (December 2009).* He's a wee darling and all healthy. Had his first BBB on Friday while mum got her nails done. Yawned and chilled

out even though he was only mildly restrained didn't try and move away.

Not much else to mention. I worked on a station hack while on holiday, offered to re-shoe it for the station manager in return for a favour. Was very interesting as I rarely do "Just ET" but as I was a bit worn out in the heat after the shoeing he just got a Basic Body Balance. It was amazing watching the changes. He didn't understand for a start, was keen to get back to mates, then got the idea and really settled to enjoy and release. Found a lot of issues and imbalances and think he was a much more comfortable horse after his session. Bet he steers better anyway!

We felt a couple of the Christchurch earthquakes recently but no damage. It's going to be going on for ages so we just have to get used to it.

Cheers, Janice

**(I remember Daisy – she was lovely. Looks like a great mum! And Mick Dundee is so cute. Janis, Ed)*

Equine Circle of Elements of Influence© - How the rider can influence the horse

This story comes from Karen Burrows, Instructor & Practitioner from Invercargill, South Island New Zealand. It features some "detective work", applying the principles of the Equine Circle of Elements of Influence©, theme of the Level 3 (Practitioner) course and basis of ET practice.

A client asked me to work on a huge young (5 yo) warm blood recently. I looked at him move and thought, "That'd be uncomfortable to ride!" He had a lot going on in the hind end - on one side his hip was dropping away and on the other side he was kind of hitching himself along in short, jabby steps. I gave him a balance then focused on the hindquarter as Area Of Concern. The owner was pleased with what I did for him and said there was another horse to work on next time. This horse was not picking up the canter lead to the right.

On the next visit I gave the second horse, an older more developed/experienced 8yo Warm Blood, a Basic Body Balance. There was nothing too much wrong with him, some fairly slight spasming in the para spinal muscle on his left side and the gluteal muscles were tighter on the left than the right, but nothing that would be bothering him too deeply. So I said "Let's inspect your saddle in case there is something bothering him". The saddle proved to be all in order too so I turned to the owner/rider & said "Well, let's take a look at you then!" Some VHT bodywork for the rider revealed some irregularities in the pelvis function which was consistent with the problems exhibited by the two horses. In one horse the "transference" of the imbalance had shown up as a physical imbalance in the horse's sacrum pelvic area (mirroring the area of concern of the rider) and in the other horse it exhibited as miscommunication of canter cue due to instability of the pelvic area of the rider. Food for thought!

The younger horse probably didn't have the strength of muscle to compensate for the rider's imbalance plus he's still trying to work out his own balance due to a recent growth spurt. So the rider was affecting him more.

Ivana is back teaching! -Your chance for Level 3!

Thankfully the turmoil of 2011 has subsided: Ivana Ruddock, co-founder of The Equine Touch is continuing to offer courses in Equine Touch, Canine Touch and Whole Horse Dissection and will visit Australia for a Level 3 at Tooradin, Victoria 20-23 April, 2012. As you can see in the photos on this page, Ivana has been busy with courses in New Zealand but the Tooradin Level 3 will be her only course in Australia before heading to the northern hemisphere (USA, UK etc).

This is a great opportunity to further your study of Equine Touch as a Horse Owner thirsty for more information to help your own horse(s) or for those committed to the "Practitioner Track".

Already established Practitioners out there, this is your chance to fulfill your Ongoing Professional Development (OPD) requirement of two days approved study in two years, by repeating Level 3. Ivana's presentation seems to be continually enriched and hearing/ seeing/ doing it all again is the way to consolidate your previous learning and make sure your technique is still on track.

If her schedule permits Ivana MAY return to Australia later in the year so "stay tuned" for further developments. Future courses will be listed on the websites* and in coming issues of the ANZET News. (* Updating of the Australian website www.theequinetouchaustralia.com will recommence in the near future.)

Hall of Fame

Congratulations
to new ET practitioner
Nicole Heenan, Albury, NSW

What is YOUR ET story?

Email your story to Janis
(include a photo if possible)
by 15th of each month to
equinetouch@hotmail.net.au

Level 3 at Hamner Springs, South Island

27-30 Jan, 2012 Instructor: Ivana Ruddock



MID-COURSE UPDATE —

Janice Clyma writes:-
Students are going great!
We have Daisy Hardcastle from Yorkshire, Juana O'Keefe from Oaro, North Canterbury, Jill Rasmussen from Eyreton, North Canterbury, Jeff Silver from Little River, Kirstin Murray from Wanaka, and Michelle Berghan from Fairlie.

Day One was particularly cold so we camped in the "garage" studio and did lectures all day, Teeth and Feet. All bodywork today so lots of brain dead students. I have to find shorter horses tomorrow, smallest here is 16hh.
Cheers
Janice

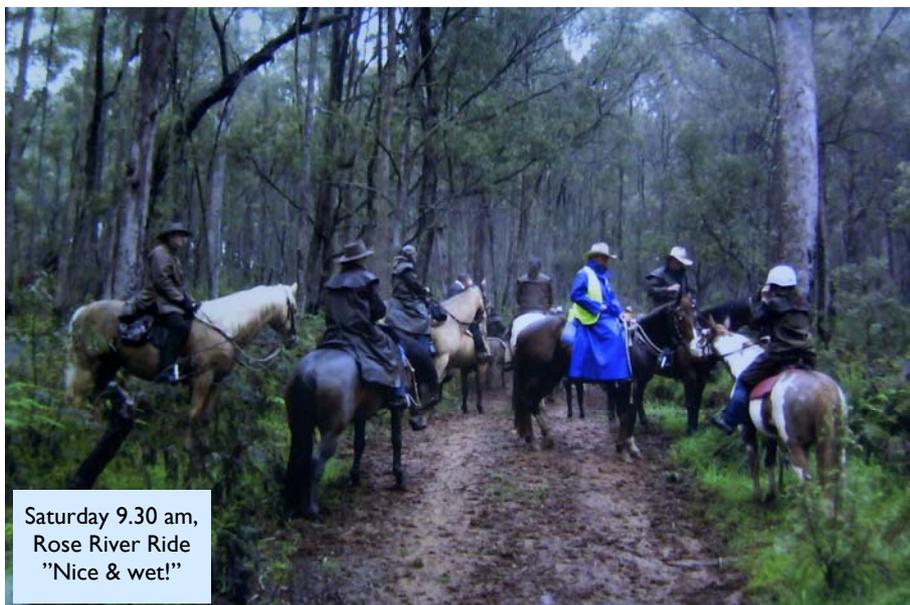


More Level 3 news next issue ...

Your Say:

ET at Rose River Ride, Victoria

29-31 Oct, 2011 by Samantha Barnard, Level 3



Saturday 9.30 am,
Rose River Ride
"Nice & wet!"

On the weekend of October 28, 30, 31 Johnno & I participated in the Rose River Ride, a fundraiser for the Edi Upper Primary School. The planned ride consisted of a 25 km ride on Saturday & 16 kms on Sunday, fully catered for, with 120 riders (one person coming from Western Australia!!!) After setting up camp Friday arvo & settling our horses in, we headed to the main 'staging area' to register & leave some ET flyers on the desk.

The M.C. for the weekend was kind enough to make an announcement on my behalf - introducing

me as a Level 3 ET student & that I was available for the weekend to address any issues & to perform body balances on riders' horses - for a gold coin donation towards the school.

After riding in the rain for the first 2 hours on Saturday morning the heavens cleared & the sun came out by morning smoko break. The rest of the day unfolded with glorious weather, awesome countryside & a great ride.

Arrived back at base camp at 4 pm just as a lady rode up & asked if I could take a look at her 9 yo buckskin gelding, 'Pippin'. He appeared very agitated & I performed the 'masseter' on him before starting a BBB. Pippin was quite tense, with lots of head-tossing. So I asked her if my partner, John, could hold her horse so she could chat to me about his issues. Seems she lent Pippin to a friend to ride, & in a different saddle to what he was used to! By the completion of session he appeared more settled & his owner was grateful. I caught up with her later that evening with the news that he was quite comfortable & more settled.

Things seemed to snowball from there & evening meal time found several people seeking me out to ask questions about ET & organize a time on Sunday for me to see their horses.

Actually I was so busy on Sunday I didn't do the 16 km ride. First BBB was at 6.45 am before the ride, on a lovely 10yo Crabbett Arab gelding called 'Sarge'. A couple from Castlemaine owned him & rode him barefoot. They were amazed with how their gelding reacted to the BBB & how relaxed he was during & afterwards.

I was also honoured to work on a 21yo QH mare, 'Tess', whose owner was no less than 62 years of age & rode her weekly. She appeared to thoroughly enjoy her body balance with lots of yawning, licking & chewing.

Anyway I managed to donate \$25.50 in gold coins to the school, which was a great start. I felt like I planted some ET seeds, as well as achieved quite a bit of PR answering lots of questions. There was only one ET flyer left on the main desk by the end of the weekend.

Got home late Sunday arvo, exhausted, but elated. Hopefully I helped some horses by educating their humans.

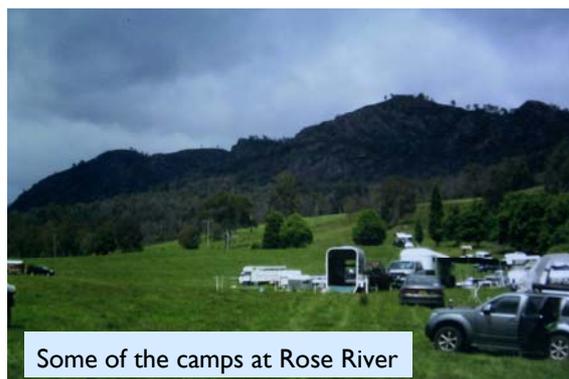
Cheers,

Samantha Barnard (Level 3 Equine Touch student)



John & Sam out on "The Basin"

P.S. Edi Upper/
Rose River Ride
will be an annual
event for any-
body out there
who may be
interested in a
fantastic week-
end



Some of the camps at Rose River