



The Equine Touch

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Hi Everyone,

July 25th was the 2nd International Equine Touch Day. I spent some special ET time with my old girl with her 'winter woollies' coat. Stories from a few others included in this issue. Hope you enjoy.

In case you missed it Ivana Ruddock's Classes scheduled for Nov at Tooradin, Victoria are:-

Level 3 (4 days)
23-26 November

Stretching & Mobilisation
28 November. (One day)
First time in Eastern states.

Level 4 (3 days)
29-30 Nov—1st Dec

Act promptly to book your place.

For more info & bookings contact Janis.
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Keep in touch,
Janis,Ed

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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2nd International Equine Touch Day

Did you join us in celebrating Jock Ruddock's life & work on July 25th, his birthday? Here are a couple of stories from those who did. You can still send in your stories for future issues.

TASMANIA

Due to International Equine Touch Day being midweek and having some pretty full on work commitments (and being Winter and dark after work), my celebration of ET day was on the Saturday after. Here is my day in brief:

We were planning to have a Tasmanian get together, but due to injuries, illness, sick animals and so on we decided to postpone it to a later date.... so I was on my own.

I decided to do my own horses and not to keep paperwork, or think about what areas I needed to practise; this time it was totally for them! I grabbed *Bindi*, and those who have met her know she is an "unusual" ET subject in that it can sometimes seriously stimulate her and make her excited and "turned on". This time, aside from a few nickers and licking me, she relaxed and yawned and slept! I even got some "tiger stripes" on her coat, not sweat, but lines indicating detoxing. I did the ABB on her as that works better for her personality and then did Serratus and Masseter and TMJ. I then stopped as less is more with her. I left her sleeping whilst I did her best friend *Bramble*.



Quiet *Bindi*. *Missy* in the background watching.



A few days earlier *Bramble* had a huge spill in the paddock, with him managing to slip and flip himself over at a fair speed. So with him I still did the ABB, but on his right hand side for his shoulder and neck (areas he was pretty sore in) I did it without touching him.

Once he realised I wasn't hurting him he relaxed and had a few yawns as well. I did the areas of concern around his ears and forehead, as those were areas he wasn't sore in and I wanted to leave him feeling like it was enjoyable. I left him in the paddock going straight for a drink and then he and *Bindi* had a sleep together.



The interesting thing, which I see a lot with my horses, was the two that had been left in the paddock stood at the gate and yawned and relaxed with *Bindi* and *Bramble*... so although I only worked on the two, four got some benefit!

Bramble yawning away during *Bindi*'s ET session

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Solo Equine Touch celebration in Tasmania



(Continued from page 1)

I then proceeded back to the house where I did a CT session with my Dalmatian and had a look at my paper work in preparation for starting on the practitioner track.

All in all quite a day for ET at my place, I really enjoyed it myself as I tend to find I also get the benefit of relaxing as well when I work on my horses. Today I am going to find a human to work on as a practice, so then I have covered all bases... horse, dog and human!

It was great really, to spend time doing something I love and I didn't worry about all the domestic chores!

From Denise's Facebook post: The human she managed to nab was her son, Angus, who apparently gleaned a whole new understanding of how the horses feel after ET. Denise said he was struggling to talk and stay awake himself!

Denise McMaster, Level 2

Meanwhile out West ...

a group celebration /ET practice day



WESTERN AUSTRALIA

Debbie Pollard, ET practitioner, reported in from WA. Debbie (second from left) opened her place for a practice day in honour of Jock Ruddock and International Equine Touch Day.

A small but eager gathering of WA ETers, they spent a lovely day practicing their ET. Included in the group were practitioner Mia Joy, Megan Funston, Level 2 and students Judith Congrene & Helen Junk who completed their Level I ET earlier this year. Debbie is going to follow up with a couple of others who were unable to attend that day and still want to polish up their skills. Jock would be happy to see his mission to help horses continuing to be filled!



Above—Mia and Megan deep in conversation... Meanwhile which move is Judith sorting out?

Right—Can you name the move Helen is doing??

Below right—one chilled out Jack



Do you want to host an ET Practice Day?

Go on, tell the truth! Sometimes it is hard to get out of bed to go for a morning training run unless you have a running mate who you don't want to let down. This scenario can apply to keeping up our ET practice too.

Much admiration goes to the strong-minded inspired individuals who will maintain the discipline on their own. However, the rest of us mere mortals can really benefit by having a study-buddy or making a play-date with other ET students. The social/fun aspect of having an ET practice get-together can help us to maintain momentum and thus continue to develop our skills.

It can be quite a confidence boost to find that others also have a memory block or two and that together you can fill in the gaps for each other by taking turns to prompt each other with the manuals, just like you did at the course. If there is an instructor, tutor or practitioner available to also attend that can be a bonus but you can still have a beneficial experience with other students.

Who would like to organize a practice day in their area? Let me know & I will help you get the word out.

Janis, Ed



NZ News

"Over the ditch" in NZ

As for **International Equine Touch Day** I was working but I managed to skive off a bit early, and took my boys out for a nice hack. Then I got my folder out and went over a heap of moves I haven't used in ages (being only a part time ET practitioner at the moment and not always using the full repertoire) to refresh myself. Got some very nice reactions and built a few more moves into each of my boys' individual weekly routine that they are lucky enough to have customised for their needs.

Also worked on a horse for the second time last week and the owner left me to it as couldn't be there. The horse had been out on lease and has been back home for 6 months but not in work. Moreover when he was brought into work the owner realised something wasn't right, and possibly hasn't been right for a while so called me (maybe that's why he suddenly came home).

The horse is very touchy all over and fairly quick with both hind feet and teeth so it was challenging at times working by myself (yes, he was tied up this time).

The owner noticed he seemed much freer in the paddock than last week, and his body was much better but still sore and a bit quick with his feet. So when he "dropped", because I was by myself I was as much focused on where his feet were as trying to get the fairly large bean out and didn't manage to. (Actually he was better with me handling his willy than doing many of the moves, but I wasn't taking any chances). The owner came back to the barn and we had another go, but he was well and truly tucked up. So I showed the owner on her other horse who had obligingly "dropped". She wasn't really sure, but has been trying for a few days and finally removed it and was horrified at what she pulled out and that she didn't even know to look for it before. The horse will have a few more sessions before coming back into work, but is definitely feeling better and a few days after his session he went and jumped over a 1.20 m gate to prove it – so maybe it won't take as long as we thought for him to come back into work!

Denyse Cambie, Instructor

Your Say:

The following is an excerpt from a letter to Denyse from Nicki at Last Chance Equine Rehabilitation

Still loving the ET, when I worked on my friend's mare last week, I really had to open up to the energies so she would let me in - years of pain buried under layers and layers of life. Once she let me in, it was so much easier and she felt so much better afterwards. My friend was so very happy at the change in her (her owner has seen the amazing results achievable with ET as she used to help out here), it was quite an emotional moment for her and the horse. I did notice she was very, very sore when I did her TMJ and got to inside the jaw and I felt that maybe her hyoid was damaged? Did the test you showed me with her forelegs and there was very limited movement. Thought it possibly could be from being sore in the chest as she was, but my gut took me back to her hyoid. She has been leased to various people over the past 3 years and they all had problems with her rearing etc.. Who knows what they have done to her to try and stop it. I am going back over next week to give her another go, so will get back to you if that is ok, either for advice or I will get Teena to contact you to come and work your magic. Lovely mare, just been in the wrong hands. She was very worried about what I was going to do to her despite making my A.I.I. very clear for her. I gave her an ABB then did her hooves (they needed trimming) followed by a BBB which she was more receptive to, possibly due to me not hurting her while doing feet? I was sick for two days afterwards - even though I put up my blocks, I still seemed to take the energy on.

Ooh did I tell you of the wee pony who came here from the trekking centre? Poor wee miss had been part of their hire string for many years and had been rearing for four of those years. They had given up on her and she was headed for the hounds when a young girl took her on and then brought her to me to take on and help. Lots of ET and one chiro session and she is fabulous. She is going to a fab new home in Helensville, Auckland next Sunday where she will be loved by three kids under 8yrs old. Her body was so out of kilter when she came here, in wither both sides, the poll, two other vertebrae in her neck, her pelvis and her sacrum and tail. Poor little thing, no wonder she was rearing. She is fine now, just limited to very small children on her back so luckily she is going to a family of elves pretty much. Both parents ride, *Lillie* will be for the kids to fuss over while they do things with their horses..

Nicki
Last Chance Equine Rehabilitation

Course Report

Tooradin Snaps

Tooradin, VIC Level 1,9-11 August, 2013 *Ins: Janis Hobbs*

Participants in the Equine Touch courses come from often diverse backgrounds with a range of experience with horses and join together in a quest to learn some new skill with which to help the horses in their lives. These three students pictured at right were a good example of this. One is involved in driving a pony in harness, another participates in adult riding club activities and the third volunteers assistance caring for horses at a facility which provides equine facilitated learning experiences.

I loved the way they worked well together, supporting each other's learning and enriching each other's experience of the Equine Touch. Stay focused, keep practicing and do what you need to do to make a habit of "the move". And then let me know your results as you give the gift of Equine Touch to your horses.

ET TOP TIPS

After the course, Equine Touch at home

You found Equine Touch, you attended a course. You applied yourself for the three days taking in all you could and hopefully left for home feeling like you had a good chance to continue to develop your skills at home with the help of your support materials, the manual and the DVD.

Did you take my advice to follow up after the course with a concerted effort to do something to do with Equine Touch nearly every day for a couple of weeks after the course to consolidate your learning?

Remember that you need to practice, practice practice to make a habit of "the move".

If not, there's no time like the present to start again.

What can you do? Here are some suggestions.

- Watch the DVD & practice with Jock. Can you remember which move comes next before he introduces it?
- Read your manual. Use some of the simulations you learned on the course to practice indoors if the weather is foul.
- Review with your reference card.
- Even if you don't have time to do the whole balance, go practice the branding and one segment of the BBB on your horse.
- Make a date with a fellow student to have an ET practice together.
- Attend a review day or do a repeat course

Remember why you decided to learn ET in the first place, to help your horse, and get into it! :)



Morris, the Highlander X seems to be really enjoying Deb's work on the Throat procedure

Zachary, soooo focused, sinks into the "bump". Can you identify which procedure, which move?



Janet, finally getting the hang of the "Inchworm" Technique. Well done!



ETF Australian Database Update—soon

In the near future Australian Equine Touch students for whom there is an email address recorded will receive an email requesting information of courses attended in order to update their records on the ETF Australian Database.

Accurate records facilitate procedure when students wish to advance their Equine Touch study with different instructors. The certificates are recognized by instructors internationally.

Thank you in advance for your anticipated co-operation in helping to complete the update of your records.

ETF Australian Database Manager
Email: whatevent@hotmail.net.au