



**The Equine Touch**

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Hi everyone,

We're headed for the shortest day & the recent icy conditions, cold winds blowing up from the south pole, rain, snow falls, 'rough weather' -cyclonic winds and so on - have left no doubt that it's winter alright! Even if you cannot get out for your normal horse activities why not head to the stable or find a sheltered spot in your horse paddock & give your best equine buddy an ET session? Failing that, stay in tune by watching your ET DVDs.

Keep in mind opportunities for further study include Ivana Ruddock's courses in NZ. Only a few places left but bookings still available for the Whole Horse Dissection clinics scheduled for June/July in New Zealand. Both clinics will be at university venues so excellent educational settings. See page 3 for contact details.

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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## Equine Touch in the Lighthouse Ranks!



Photo : Katherine Waddington

More news from WA, three of the students who attended the Level One Equine Touch course down south in Nannup early April this year are very involved with keeping the spirit of the Australian Lighthouse alive. They belong to the Bunbury 10th Lighthouse Reenactment Troop. As in past years Kevin Waddington participated in the ANZAC Day ceremony at Nannup with Carrenya (who had been one of our equine ET 'tutors' at the Wadi Farm Level 1 course). A few days later, Kevin, along with Sandy & Kerri (also both Level 1) and Norm, enhanced the atmosphere of the Re-dedication of the Avenue of Honour at Birdwood Park, Balingup, WA. I am assured that Kevin (pictured at right) did indeed ET his horse's back/saddle area at the end of the day. :) Those original World War One (WWI) saddles are very heavy and hard on both horse and rider, but Kevin is the only one who actually has an original saddle. The others use more modern ones or re-creations.

## International Equine Touch Day—July 25th - Join us!

Did you read Ivana's invitation in the International Equine Touch newsletter? (Check out the full article on [www.theequinetouch.com](http://www.theequinetouch.com) March 2012-Issue 3.) Ivana Ruddock invited all ET students to participate in the first official **International Equine Touch Day** on Jock's birthday, 25th July. As Ivana put it "he would have been 70 years young" this year. Ivana wrote:-

*"So let's go and celebrate Jock's birthday in his own style—let's put our hands on horses! Oh, sorry, with one difference—let's put our hands on OUR OWN horses or on somebody else's that are special to us and who gives their permission!!"*

**Each one of you will do it just for you and just for the horse.**

*Make it a little celebration of your ET skills, a little celebration of your right intent and integrity and big celebration of the horse and Jock's life because he gave us this wonderful gift to the horse."*

This day is distinct from what in the UK is focussed on as Equine Touch Awareness day which includes public demonstrations, events to help spread the word about the benefits of The Equine Touch and the availability of practitioners & instructors to provide bodywork for horses or instruct caring horse owners how to perform ET for their own horses.

Let's schedule **Equine Touch Awareness Day Down-under** in **our** spring or summer (not 16th June as in UK.) Email your suggestions for events or gatherings to help spread the word about ET to [equinetouch@hotmail.net.au](mailto:equinetouch@hotmail.net.au)

## Your Say: From the ground up...

By Belinda Taylor, ET Level 1

My first experience with ET was at a hoof trimming clinic that I had taken my horses to. My youngster *Marni* had managed to get her head jammed between a gate and the strainer post, and promptly tried to pull her head off. She spent the next few hours constantly shaking her head with a very worried expression on her face. Fortunately for me and *Marni*, Deb Ryan was also attending the clinic and agreed to have a look at her before I floated her home. After a quick, targeted session, *Marni's* expression relaxed and her head shaking stopped. I was pretty impressed.

About 6 months later *Marni* threw up a massive splint on her near fore. At the time I was using her as a case study for my bare foot trimming qualification. Her feet were being regularly trimmed and were balanced, so I ruled that out as a cause. There was no injury to the site, so I figured a kick or knock hadn't been the cause either. That really just left muscle soreness affecting her biomechanics. I called out Deb to address both *Marni* and my purebred clydesdale *Diesel*.

In addressing *Marni*, Deb hit a sore spot on her neck, near her withers on her near side. Whilst ET practitioners are not there to diagnose, I am pretty confident that this soreness was responsible for *Marni's* compromised movement and uneven loading causing the splint. After 2 sessions with Deb, *Marni's* splint slowly resolved and is barely noticeable today.

When Deb addressed *Diesel*, she found he was really sore in his shoulders. I had struggled to trim *Diesel* for years as he was very difficult with his front feet. He couldn't hold them up for very long and would often drop his shoulder and put all his weight on you. I had always put this down to poor training and a lack of handling when he was younger. After a few sessions with Deb, *Diesel* was able to stand for longer and wouldn't suddenly dump his weight on you during trimming. It was a really uncomfortable learning experience for me to realise that *Diesel's* behaviour was his way of telling me he was in pain! But it was an experience that stayed with me and has helped me since in my profession, to recognise when a horse is saying "he can't" rather than just assuming that "he won't". As my trimming business has grown, I have encountered many horses that are in pain when they are trimmed. Sometimes this pain is evident in the wear patterns in their feet or it can show in their posture. Quite often there is no obvious lameness. I am constantly recommending Deb to my clients. Where my clients have got Deb out to address their horses, I can see positive changes in their feet and in their attitude and behaviour when trimmed. It's a win:win situation for both me and the horse!

So after seeing so many success stories and knowing how invaluable Equine Touch is to my work, I have embarked on the journey to ET



Belinda Taylor, Level 1 ET

Practitioner. A healthy horse needs a holistic approach. Body work, trimming, diet and environment on their own are limited, but when all areas of the horse are addressed you get the best results. My goal is to be able to offer my clients a complete equine service from the ground up and Equine Touch is the body work modality I have chosen. So bring on Level 2!

On a side note – ET or the human equivalent is what keeps my body healthy and able to trim every day. If it's good for my horse, then it is good for me, and both my horses and I just hang out for our sessions with Deb. My husband too, has been converted. He was quite sceptical at first and was wondering of the benefits of sending me off to do the Level One course. Now that he has a Basic Body Balance on tap, he is completely convinced. In his stressful job, sleeplessness was always a problem. A quick BBB before lights out, has him sleeping like a baby!

### News just to hand (Sunday 10th June):-

With the icy temperatures of the wintry weather that has descended upon us I was thinking of the intrepid endurance riders participating in this year's Tom Quilty Gold Cup Challenge down south in Tasmania, Friday through Saturday. Couldn't be there myself this year but Equine Touch practitioner, Belinda Atkinson from Lebrina today commented on Facebook, on the newly created group for Equine Touch enthusiasts, "Equine Touch Australia". Check out Belinda's post here or go to Facebook & join the group! *Janis, Ed*  
*"Congratulations to Jill Lowth & Sophie for successfully completing 160km Tom Quilty at St Helens. Was a pleasure working on Sophie during the ride with the Equine Touch. So amazing to see her heart rates drop by applying a few moves before vet in! Last leg heart rate went from 64 to 48 bpm- in a couple of minutes! She was so supple during & after the ride! I love seeing amazing results with this gentle bodywork (ET)."*

## Course Reports

Learn a new skill or get 'refreshed' @Level 1 ET

Level 1 at Bendigo, Vic, 28-30 April, 2012, *Ins: Janis Hobbs*

### ATTENTION: ALL HORSEY PEOPLE!

Just to let you know that I have just travelled to Bendigo, Victoria and completed Level I of The Equine Touch with Janis Hobbs and I thoroughly recommend that you all try this, if nothing else but to give back to your own neddies. I thoroughly enjoyed my weekend, came away all excited, and slightly brain dead but after a good nights sleep, everything slipped into its correct place in my mind. So, away I went out into my own paddock with my own ponies and only after ONE session, there has been obvious improvement, especially with elderly grumpy pony, who is now acting like a pony half his age, [only need to give myself a session now so that I can keep up with him].

Thank you, Janis, for showing me this wonderful procedure, it will be well used.

To all the rest of you, hurry up and apply for the next weekend, you won't regret it!

*Judy Midgley, Level 1, Ranelagh, Tasmania*



Judy is all smiles as she gets the flow of the "inchworm" technique. Good focus!



Wendy (L3) far left, attended for a refresher day with her endurance horse, *Blue Bopp*, a seasoned ET tutor.



Feeling for the horse, working WITH the horse, not doing something TO it:- Love this moment between Nicole & Mary Poppins!

Level 1 at Raymond Terrace, NSW, 26-28 May, 2012, *Instructor: Janis Hobbs*

### We were so lucky with the weather!

The ponies & horses at RDA Raymond Terrace, NSW, proved once again to be wonderful subjects for Level I of The Equine Touch. Carol & Bev were fascinated at the horses' different responses, and more so because they occurred as a result of applying their developing ET skills, still "a work in progress".

Level 2 student, Deb Kelly, also enjoyed a refresher day, refocusing on & refining her Level I ET skills, the foundation of ET, and left with renewed enthusiasm. She described how her horses loved ET! It's always good for the new students to hear this from fellow students! Hopefully there is another study-buddy group in the making as these students all live in the same vicinity.

*Instructor: Janis Hobbs*



L-R:- Big smiles after a job well done, Carol, Deborah & Bev with equine assistants, *Chrissy, Sudan and Buddy*

## Whole Horse Dissection Seminar

2 clinics available in NZ this year!

June 30– July 2, 2012

at Lincoln Uni, Christchurch, South Island  
Contact: [Janice.clyma@xtra.co.nz](mailto:Janice.clyma@xtra.co.nz)

July 6-8, 2012 at Palmerston North, North Island  
Contact: [ivanaruddock@aol.com](mailto:ivanaruddock@aol.com)

Cost: NZ\$800 p.p. Class size limited!

**BOOK NOW!**