



The Equine Touch

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Hi Everyone,

Oops! The end of March disappeared while I was enjoying the Easter break so here is your March issue in April!

I have the pleasure to report that we have two newly qualified Equine Practitioners, one in New Zealand and one in Australia. Congratulations to Jill Rasmussen and Vanessa Wilhelm. You can read their stories in this issue.

Take care of yourselves and your horses and ...

Keep in touch.

Janis, Ed

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Welcome to Two New Equine Touch Practitioners!

My ET Journey, Jill Rasmussen, Equine Touch Practitioner, New Zealand

My ET journey began in 2009 when I was looking for a gentle, non-drug based method of pain relief for my laminitic Quarterhorse who had very sore joints and muscles and was also prone to tying up.

An article in the Christchurch Press newspaper about Jock and his successful treatment of horses with ET caught my attention and I was quick to sign up when instructor Janice Clyma advertised a Level 1 course shortly after.



Sadly my beloved horse died a few months later and apart from intermittent work on my other horses, I lost interest. However Janice didn't give up on me and encouraged me to return for a refresher day with other students and then to learn Level 2.

This is when ET suddenly fell into place for me. I was riding a horse for a sick friend and doing a lot of ET on him as he had arthritis in one hock and couldn't flex the leg properly to trot. After six weeks we were suddenly able to trot beautifully and had a fantastic ride. Initially I thought he was getting better because of all my warm-up work and the regular light exercise but after doing Level 2 it suddenly dawned on me that it was actually ET that was responsible for helping this horse.

My friend subsequently gave me the horse and he is a daily reminder of how a horse can become pain free with regular ET maintenance work even if the cause is not able to be fixed. Suddenly I had the ET "bug" and was further inspired by all the new moves and information in Level 3. What an eye-opener – especially Ivana's lectures on teeth and horse dental care. One of my first case studies on the road to becoming a practitioner was directly helped by this information.

I was originally asked to work on the horse because of a hind leg problem but masseter and other head moves identified tooth issues. Luckily the owner was pro-active and got a dentist straight away – it turned out that the poor horse had a lower molar missing and the opposite tooth had grown down into the empty socket. After dentistry and follow-up ET sessions the horse had a pain free jaw again and the hind leg problem completely disappeared. Now that I have qualified as a Practitioner I look forward to being able to help more horses in my local area and also to encourage more horse-owners to learn the gift of ET.

Across the world for new adventure & found ET

Vanessa Wilhelm, Equine Touch Practitioner, Geelong, Victoria, Australia

Equine Touch has been an important part in my journey here in Australia. I come from a European city background and thus when I first arrived in Geelong in 2005 I knew I wanted to start something new, something different, explore the road of a new adventure. This country has so much to offer and opportunities can be found everywhere.

My inspiration to learn Equine Touch came very naturally when in 2008, during the Equitana Show in Melbourne, I came across one of Jock Ruddock's demonstrations. He was performing a few gentle moves on a horse at the time. His demonstration and the whole ET procedure had me very enthusiastic and inspired. Since I started this journey, I've witnessed a lot of amazing results on many different horses.

I didn't hesitate long before I signed up for my Level 1 course a few months after the show. From there, my enthusiasm has increased and it took me about 2 and a half years to complete all the levels and attain my Level 3, practitioner diploma, completing all the assessments & case studies. I'm now very much looking forward to starting to contribute to the maintenance and preventative care of horses around my area, and in Europe too if possible, as a licensed Equine Touch Practitioner.

In the future I would like to endorse the best possible standard of practice by participating in ongoing education. I will probably feel the desire to start teaching Equine Touch to people around me willing to learn this technique as well. To this end am interested in joining the Equine Touch *Tutor to Instructor* program. It would be a blessing to share this knowledge with others and give them the opportunity to support their own horses.

This path has no destination, no end. It is a never ending journey that reminds me to always remain humble and to become a better person everyday! Each one of the horses is my coach. They teach me to work on the person I want to become; sincere, sensitive, mindful and collected. They are simply legendary Zen masters.



Vanessa Wilhelm & her lovely Friesian, Ash

Your Say:

This is where YOUR ET story could be!

Have you had some interesting horse reactions ?

OR owner's comments?,

OR owner's reactions to their horse's response to Equine Touch?

Share your stories here!

Email your stories to equinetouch@hotmail.net.au

Janis, Ed

NZ News

Panda's Challenge at Tauranga

Ins: Denyse Cambie, Level 1 Tauranga, Nth Island NZ

We had beautiful weather for the 3 days, although a bit on the hot side and everyone was wilting a bit by the end of each day. Our group consisted of 5 for Level 1 ET with one last minute student who just happened to be staying with friends in the area when she heard about the course, and was very brave in joining in when she didn't really know what she was getting into. Ken and his daughter Ashleigh brought their horses Maggie and Buddy over from Te Awamutu, while Lisa and Hannah (and their horses Panda and Chica) were local.

The first day had the normal confusion with thumbs and fingers as they experimented with ET on each other and gave each other really good feedback. Onto the horses and things were a little clearer with much bigger muscles to play with. The first day not so big, but on the second day we met Panda, a 21 year old Clydesdale who had been used in harness when she was younger (not that she looked her age at all).

Panda challenged us on a few things – firstly her height, reaching her back to do closing moves required a stool for some (but not for Ken who was taller than the rest of us). Many of her muscles were difficult to find on the broad flat plateaus that made up her back and hamstrings etc. and she taught everyone how important identifying those bony landmarks is. She also had extra ridges that had developed on her shoulders, presumably from the harness collar. For the mid-neck move there was no way our hands were big enough to bring the crest over and drop in easily, so getting an effective move was difficult. Using one hand to bring the crest over and the other thumb to do the move seemed to give the best outcome (see picture of Pandas neck and Nicki trying in the conventional way). So, Panda taught us the value of learning the alternative ways of doing some of the moves, just in case we need them.

Nicki, a L2 student who puts her skills to good use running an equine rehabilitation centre, joined us for the third day to assist. On the third day we also experimented with using the heel of the hand and the elbow and found it really helped for one student. As always everyone had different strengths and favourite moves (and things they need to practise) but everyone went away tired and happy with how much they had learned over the 3 days and the precious gift they now have for their horses.



Panda, Hannah, Rebecca, Ken, Ashleigh, Lisa, Chica.



Missed Ashleigh doing the move but here is Chica snoozing on top of the post.



Nicki & Panda & THAT neck!



Rebecca



Ken working with heel of hand