



**The Equine Touch**

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Hi everyone,

It was great to have Ivana back in Oz for Level 3 for this year. With new Level 3 students, repeat student & practitioner alike all benefiting greatly from Ivana's comprehensive lectures and thorough practical sessions. Mossie our primary equine "teacher's aide" was his usual cooperative self taking all in his stride until presented with everyone trying their selection of saddle on him including a couple of Western models. Even this was ok until we all had to retreat from a shower of rain into the shed to finish off proceedings for the day. This was when he became a little wide-eyed, but still very compliant. There was not too much compliance or congruence achieved from any of the saddles unfortunately.

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

# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

Volume 3 Issue 4

May 2012

## Welcome back to Australia, Ivana



Ivana Ruddock with Mossie  
Level 3 Tooradin, Vic

### "Good design? Bad design?" *New Level 3 student Alyssa Brugman writes:-*

All these years vets have been telling me how 'badly designed' horses are - until Level 3 Equine Touch at Tooradin in April, when Dr Ivana Ruddock showed us in meticulous detail how they are actually beautifully designed - for mooching about, eating grass, and occasionally running away quickly from something scary. It turns out they are really only badly designed for the artificial environments we keep them in and the strange things we want them to do.

Day one was teeth. Ivana explained how they grow in an ideal scenario, how they can grow incorrectly and the likely outcomes of that, as well as what to look for. Day two was hooves, which is my personal obsession. It's great to be reminded of all of the things you don't know and still have left to learn. The focus of Day three was backs and saddle-fit. On Day four we went through approaches to rehab and how dentistry,



#### Inside this issue:

|                          |   |
|--------------------------|---|
| Level 3 at Tooradin, Vic | 2 |
| NZ News—Tauranga, L1     | 3 |
| NZ—Your say: BBB or ABB? | 3 |
| ET in Western Australia  | 4 |
| Course & Events Calendar | 5 |

(Continued on page 2)

## Your Say:

(Continued from page 1)

hoof care, nutrition, training techniques and bodywork can all work together to keep horses in the best possible shape, given the shortcomings in our approaches to husbandry.

Ivana had many different specimens for us to examine, and we had an opportunity to apply our new procedures to several of the RDA horses. They were so patient with us.

Thanks so much to Sally Francis of Tooradin who gave us the run of her house and lent us so many of her very sweet, chubster RDA horses, Mossie, Leo, Cody, Navman, Billy, Morris, and William. (I hope I'm not forgetting anyone).

Janis and the team made sure every session went like clockwork, always with resources at the ready. While the study was intense, there was also a terrific camaraderie in the group. I was lucky enough to share a room with lovely Virginia. We had many rambling morning chats in our twin single beds, while outside our window the mist lifted to reveal grazing ponies. It was exactly like something from one of those very English pony camp books!

We had some very memorable meals. Julie and Lindy introduced us to Sally's extended family.

I had a terrific time, I loved every minute, and I hope I made some new friends. Can't wait for the next one – sign me up, Janis!

Alyssa  
Sound Advice  
(Hoofcare and Nutrition)



## More student comments about the Level 3 at Tooradin , Vic April



Hi Janis,

I just wanted to say, after attending the recent Level 3 refresher at Tooradin, how well organised and informative I found it. Ivana's lectures are brilliant and up to date. The venue and Sally our host were excellent and as usual I came away from the course more informed and confident about all aspects of ET and the wider aspects of the horse.

It is also always a great experience to borrow from the experiences of the other participants and this course was no exception.

Thank you to everyone involved in the organisation and running of the clinic.

Col Dahlenburg  
(ET Practitioner)

I enjoyed the course and am looking forward to putting what I have learnt into practice.  
V.T. Level 3

Just wanted to say thank you sooooo much for the Level 3 clinic! it was ammmmmazing!!! I learned SO much! I could have done that for three weeks straight with information being taught and delivered like Ivana does.  
I am so on fire now to become a practitioner! M.F. Level 3



## NZ News

### More Tauranga Tales

Level 1, 2012, Instructors: Denyse Cambie

Had another small but really satisfying Level 1 course. We got lucky with the weather, only having to retreat to the barn on the afternoon of the last day (coming out for the group photo with horses and people rugged up).

Otherwise having some late summer weather that has been better than anything we experienced during summer this year (known as the summer that never was) meant we could do almost all the human and horse work outside. The students all did really well, with everyone having different areas of strengths and weaknesses (including one extremely dedicated student who is allergic to horses).

We didn't have the same emotional releases from the horses as in the last class, but we did have some good really physical releases, and of course the usual willy beans to be discovered and removed. Everyone is keen to learn even more on Level 2, whether as a horse owner or practitioner.

Having one student give a "No" on the feedback question of "Did the course meet your expectations" shocked me to start with, as I was sure she had gotten so much from the 3 days, until I read the next line "It exceeded my expectations" - How can that not make it so worth the 3 days of teaching?

*Instructor—Denyse Cambie*



L-R in pic Maddie, Caty, Mikaila, Rusty, Kelsey with Sophie and Tambo in the background.

## Basic Body Balance or Advanced Body Balance? The horse will decide ...

After I completed the Level 1 Equine Touch clinic I began practicing on my three horses. The results for two of them were immediate and processing was very easily recognisable with chewing, sighing, nearly falling asleep and even nasal discharge.

My third horse, Khalifah, an Arab cross, was rather questioning when I did the BBB, he didn't seem to understand that I was doing bodywork for him and that nothing was required of him. He is a very sensitive, gentle horse that I have done a lot of natural horsemanship with and he seemed to think that maybe I wanted him to move every time I applied the slightest pressure.

After I completed the Level 2 Equine Touch clinic I was keen to try the Advanced Body Balance on my horses. I have performed the ABB on Khalifah several times now and the results are far more encouraging. It seemed to make sense to him. I think it's because there are several moves over whole muscles, rather than just one or two and the procedure is faster with no observation times. He just relaxes and doesn't look at me questioning.

The ABB is definitely better received by this horse, whereas my other two still love the BBB.

*Sue Shackleton, Level 2*

### 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!**

## Your Say:

## Equine Touch in Western Australia

I first read about ET years ago and even enquired about clinics in WA. At that stage there were none available (a lot of years ago I might add). Living in Kalgoorlie it has always been challenging getting clinics or instructors due to costs, time and people! I witnessed ET first hand when Carolyn Jurgens came up to Kalgoorlie with our regular horsemanship instructor Jayne Lavender who had mentioned that Carolyn would be keen to come up. My geldings were the two to get treated with this first trip. Both ex gallopers who have always had physical issues - something that is typical with ex racehorses I believe.

*Busta* was first up and I dutifully held him without patting (!) and watched Carolyn do the ET. AMAZING response from *Busta*... licking chewing yawning; he LOVED it. Wasn't so keen on the hind quarters as the energy release was huge. He had an erection and ejaculated, a first for Carolyn I believe as well. We were both amazed at the release and the instant loosening in his hind quarters. Really shows that you do need the observation time, more so with a horse that has never experienced ET before.

*Fella* was next (love of my life!) It was a nice day with a slight breeze, probably 23 degrees. *Fella* started to steam half way through the body balance, he had steam coming off his entire body out of his nose and he had a MASSIVE steamy poo then promptly drank 20 litres of water! Once again a first for Carolyn and amazement on my behalf. When I first looked at ET I thought it would be great to learn but now having witnessed it I knew I had to!

Finally we got news that an instructor was coming over to WA (hooray !!!) to do an ET clinic but unfortunately wasn't going to be coming to Kalgoorlie to hold it. Four of us went to Perth to learn our Level 1 ET and all four of us will



Pania Harris, Level 1, with Debbie Pollard, ET Practitioner at Kalgoorlie, WA May, 2012

be going on to Level 2 and I will be going all the way through to Practitioner! Love ET, love what it does for the horses! It is my preferred body work modality and I am more than excited that I can now carry on and take care of my own horses without the inevitable wait for a practitioner to be able to get the numbers and head over from Perth!

Thanks, Janis. It was everything I had hoped for and I am looking forward to carrying on with ET!

*Pania Harris, Level 1*

### Study Buddies Group Practice Day, Kalgoorlie

**Follow on story:-** It's early May and I just received word that Debbie Pollard, ET Practitioner, Serpentine (near Perth) WA, is currently in Kalgoorlie, a solid 6 1/2 hours drive east of Perth. As well as doing ET sessions for clients Debbie also attended a practice day with the four Kalgoorlie students who just completed their Level 1 in March this year to support & encourage them. Debbie reported that they are all doing well. I believe this is not their first practice session together at Kalgoorlie. Great work everyone!

Even though it can be a challenge to fit yet another something into your busy lives I cannot overstate the value of having a study buddy or organizing for a group of students to get together regularly to practice ET as well as a social "catch – up" with like-minded people.

If other ET students & Practitioners are interested in participating in a group why not reconnect with others from your course or in your area by using the newly created Facebook group, "Equine Touch Australia"?

*Janis Hobbs, Instructor*