



The Equine Touch

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Hi everyone,

Now we are into the season of shows & in some places it is even hot already. Take care of your horses in the heat, seek good shade for shelter & make sure they have plenty of good water to help them recover from their exertions. In your preparation you used your ET skills to help your horse regroup/recover during the training period, (right?) so you have probably also worked out the right timing for the pre-vent Equine Touch session. Did you also remember you can help your horse settle in at the venue after his float ride by applying your BBB without observation times? ET can be great to help settle horses experiencing first time nerves as well as supporting the older horses back in work but maybe needing more maintenance sessions to keep them up to the task.

Spring brings us the excitement of new babies (foals) and the Spring Racing carnival— imagine, one day the Melbourne Cup winner will have an ET practitioner in the preparation team doing a Pre-race Tune up. Won't that be something!

Never stop dreaming but do be alert to some of the hazards as we head towards summer, the season of snakes & bushfires.

Another thing, whatever your ET Level consider attending a course for a Refresher Day— before it gets too hot .

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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## Murphy's story

Vanessa Wilhelm, Level 3 ET



Pic No 1 Murphy before any Equine Touch



Pic No 2 Murphy after first ET session



Pic No 3 Murphy after second ET session

Murphy is a 32 years old thoroughbred, ex race horse, now retired. He never raced for long and was sold in a early age to his new owner (Judy). He was an excellent show /competition horse for many years and won lots of prizes. His owner dearly loves him and they had an incredible time together.

Murphy is suffering from arthritis; his joints are stiff and rusty however he is still enjoying a happy life with his mates. He's got bright eyes; he is alert, cute and affectionate. He is eating well; he can gently walk - trot and canter.

His gradual knee and back deformity started about 2-3 years ago, which little by little has affected his whole stance and range of movement.

A few weeks ago, his owner called the vet to have a look at him as she noticed he was standing in a very peculiar position, his front leg extended forward (bit like laminitis position). The vet was unable to do much as it wasn't anything to do with hooves issues so he just gave him some 'bute' to relieve the discomfort. He then contacted me to discuss Murphy's case as he thought the condition was due to the soft tissue and not the joints and that maybe I could help him. He thought it would be an interesting case to work on.

### 1<sup>st</sup> Session: 30th august 2012

When I first discovered Murphy, I was very surprised. I didn't expect to see such a deformity. So I took a long time of observation. I questioned the lady while I was noticing all his little ways to find balance and comfort. He was rocking back and forth on his front hooves and not once I did I see him straightening either of his front legs. He was not standing in the laminitis position anymore.

(Continued on page 2)

## Your Say:

## Murphy's story - continued

Vanessa Wilhelm, Level 3

*(Continued from page 1)*

It took me about 20 - 25 minutes of inner reflection (tapping into my intuition) before I could start with any of the branding and BBB. I was very skeptical about the case and my ability to help him and advised the owner that I would do my best, keeping in mind that I am not a magician. I could maybe only release Murphy's overall muscle tension and provide him with some level of comfort.

He willingly let me touch him all over. He had spasm and quite lots of tightness all over his body (sacrum, wither, shoulder, girth, back) so I was using a very soft and gentle hand on him. I didn't want to do too much, however as he was working in total harmony with me I could feel I will be able to address a few A.O.C.

I worked on his abdominal, girth, shoulder, pectoralis and upper legs muscles (Deltoid, triceps, descending pect., Brachialis, ext. carpi radialis, supraspinatus) as well as hamstring, sacrum and pelvis. He responded extremely well to the Equine Touch session and released heaps of tension, physiologically by his yawning and neck shake but also physically by softening and relaxing some of his tight muscles.

The 1<sup>st</sup> session produced a remarkable difference in Murphy's stance as observed by the owner, his left knee was already much straighter the next day. (Refer Pic No 2 on page 1)

**2<sup>nd</sup> Session: 6th of September 2012**

When I visited him for the 2nd time a week later, he looked much more comfortable, his front left leg was still extended straight and he appeared to be more relaxed in his body. He still had little collapse with that leg but not as much as before. It felt like a big success for the three of us.

While I was doing my branding, I could feel he wasn't so responsive to my presence. This could have been due to external influences on the day as it was a nice Victorian windy day. He was cheeky and moving away from me more. I did a Combination (including wholistic back opening), still very gentle with my touch and finished the session off working on his FH and Logan Basic. He did relaxed greatly again to the touch.

**3<sup>rd</sup> Session: 19th September 2012**

When I saw him the 3rd time, he still stands the same way as the week before. His right leg was still bent, as the other one was keeping straighter. He is still loading maximum weight on his FH.

I did a BBB and worked again gently on his TFL and few moves on his front leg muscles. He still has lots of tension in his body but he is doing so much better already.

The Owner and Murphy are both really happy. I advised her that an Equine Touch session once every 6 to 10 weeks would most likely be beneficial for his overall wellbeing and comfort.

This case study has showed me again the amazing improvement that ET can provide to our horses and how it can sometimes be so distinguishable even to the skeptics' eyes!

Again I'm so grateful to Jock and Ivana to have developed that modality that is simple to learn and if done with full intent and integrity can go such a long way!

I will continue to work with Murphy and keep you updated on his story.

Vanessa Wilhelm, Level 3

Wow! Thanks, Vanessa for this story! All the best for future work with Murphy hopefully assisting him to even more comfort in his retirement. Please do keep us updated on progress. I am sure this will inspire others with their endeavours with Equine Touch .

Janis, Ed.

Vaness Wilhelm pictured here with Jock Ruddock at the Level 3 course at Wagga Wagga, NSW, February 2010



## Your Say:

## Millie's Miracle or Why I had to learn Equine Touch

About six months ago I was lucky enough to have a wonderful 16.2 h thoroughbred horse called Millie come into my life.

Unfortunately she had been through a rough time: She slammed into a tree in panic after being separated from her foal, and broke her right hip, pelvis and 3 ribs. She was left to die, and my friend (Millie's previous owner) intervened in Millie's situation and arranged for basic care and rehab. Millie came to me 5 months after the accident; sore and with muscles still noticeably atrophied on the right side. She had another month of gentle recovery in Perth on some sloping ground, during which she gained some muscle tone, before it was suggested that she could benefit from some Equine Touch with Deb Pollard here in WA.

Millie also has a conformation defect – a turned in near forefoot. When Deb observed Millie prior to her first treatment, she noticed that Millie was landing so much toe first on her front legs that she was actually sliding along before landing with each step.

Millie is a very honest thoroughbred – she doesn't have a mean bone in her body, but if she doesn't like something she will tell you in increasingly forceful ways until you listen. Well.....Millie was SORE. She just about jumped out of her skin when Deb touched her withers, and all in all, Deb managed to get only part of a basic body balance done (and no legs lifted from the ground.) We had to leave it at that, for the first session (apart from Deb showing me some basic carrot stretches). I felt that Deb was despondent and wished she could have done a lot more. But after only this small amount of body work, Millie's gait had improved dramatically and she was no longer sliding her front toes on landing.

I live in the Wheatbelt in Western Australia, about 350km from Deb and Millie, so we arranged that Millie stay in Perth and I come to Perth for her treatment roughly once a week. I kept Millie in Perth for around 9 weeks in total before I brought her home. In that time there were many milestones and each time Millie became more relaxed and appreciative of her ET session. Highlights included picking up more feet each time, working on more and more areas, with the absence of the sliding toe gait, and most amazing for me to see was her hip actually change shape over time, and muscles build up which should be used, and compensating muscles shrink in size.

Eventually finances dictated that she come home to me rather than keep her in Perth, but Millie was looking great and a different horse. When we first started ET Millie was unable to shake, except for a rather stiff wiggle of her head and neck. Before she left Perth after about 9 ET sessions Millie was able to shake well from her head to her withers.

Millie kept improving after coming home with only the carrot stretches to continue on with. About 4 weeks after she got home, Millie had a luxurious roll in the sand followed by her first full body shake. Now, 2 months further on, she loves her sand rolls, and shakes for a long time before enjoying a series of up to 10 joyful bucks – her way of stretching all the kinks out! Millie is full of life, with no obvious soreness and runs around like a loony with her young yearling companion.

With such an ET success story and with miracle worker Deb so far away, I knew I had to learn to do ET for myself so that I could continue to help Millie and my other horse Occey stay in top shape. So I signed up for the first available Level 1 Equine Touch course here in WA with Janis Hobbs. But that's another story.....

By Constance Pribac, Level 1 ET



Constance completes the first line of the Butt shots, Mardella, WA, and below, enjoying watching another of the horses processing



Debbie Pollard, ET Practitioner (Left) and above assisting a Level 1 student at Mardella, WA , August 2012

## NZ News

### Ivana's October courses

Back in New Zealand! My first time to the North Island! I was fortunate to be able to attend Ivana Ruddock's classes, Equine Touch Level 1, Oct 12-14, and Canine Touch Level 1, Oct 15-16, in Palmerston North hosted by Jane Harris (ET Practitioner) and Level 3 at Tauranga Oct 19-22, hosted by Denyse Cambie (Instructor). Thank you to both Jane & Denyse for their wonderful hospitality. Veronica Moore (ET Practitioner) whom I had met at Ivana's first Dissection clinic in Christchurch, South Island, back in December 2009 was also in attendance to help out and we enjoyed catching up again after all this time. It was great to be able to further connections between Kiwi & Aussie ETers with this visit and I look forward to many more exchanges. *Janis Hobbs, Ed*

**Level 1 Equine Touch** It is always a pleasure to observe Ivana Ruddock instructing and this occasion was no exception. Level 1 at Palmerston North had three participants beginning their immersion into the world of Equine Touch. Ivana's positive feedback had their confidence growing as the days passed and they will be going home to practise, practise, practise on some lucky horses! Over the course of the 3 days there were a few different helpers including ET practitioners Jane Harris (our host) and Annie Holman. Who will forget the dare-devil ducklings dodging playful but dangerous thundering TB hooves?!

**Level 1 Canine Touch** Canine Touch, also held at Jane's, was a different atmosphere, this time dealing with dogs, predator animals, not prey animals like horses. But as man's best friends received the willing & gentle hands of the students with their first explorations of Canine Touch (CT) they, for the most part, obligingly displayed signs of not only acceptance but the desired relaxation effect. A great time had by all and who better to learn the technique from but the originator of Canine Touch herself? Ivana Ruddock.

Canine Touch, Ivana Ruddock's inspired development from The Equine Touch is truly a wonderful addition to the suite of modalities offered by the Equine Touch Foundation and allows the fostering of even closer connection with your dog.

**Level 3 ET October 19-22 at Tauranga** Level 3 at Tauranga, had another small but enthusiastic group of students attending to progress their ET ambitions, some wishing to carry on and become practitioners. They commented on the amazing scope of Ivana's lectures and described Ivana's delivery as inspiring.

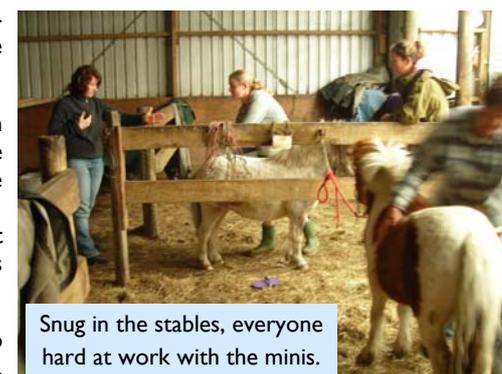
"It's been an amazing journey!" "I'll be seeing the horses that I know in a different way now." "It's just awesome every time. You meet such nice people—we have to care to be here."

We had to work around the weather which was VERY changeable however in between the rain & wind we enjoyed some beautiful sunny moments. Denyse had some interesting equine subjects lined up for us: we started off with Sue Shackleton's minis, Donny & Chinks, CUTE as can be! The next candidates were Denyse's lovely 16hh+ WBXTB eventers so we went from one extreme to the other! And students had to stretch their boundaries to handle the different sizes, temperaments and weather conditions.

Pictured below with Denyse's WBxTB eventers, Boots & Devlin, on Day two are Sue Shackleton, Ivana Ruddock, (Instructor, ETF Co-Founder), Thea James, Henrike Seifert, Denyse Cambie (ET Instructor & Host) and Veronica Moore (ET Practitioner).



Trisha Wren, another ET practitioner (& Connected Riding instructor) came along on Day 4 to help out too.



Snug in the stables, everyone hard at work with the minis.

Donny & Chinks, all loaded up in their chariot ready to head home to Taupo.



Wow...what a great couple of days with Ivana Rud-dock at Jane's home in Kimbolton. Thank you so much Ivana for imparting your knowledge and tech-niques on us so that we in turn can help our fur pals.

Day One

The morning began with Ivana telling us how Canine Touch came about, the technique drawn from Jock's Equine Touch and how she developed it to suit the dogs. What a great speaker Ivana is, she really gathered us all in and held us pretty much spellbound while she spoke about her passion and how we could learn to help our dogs .

The moves were explained and demonstrated, the breathing and how it affected the technique very much like Tai Chi, rolling with the breathing back and forth. Amazing to watch and as we moved to treat each other it soon came to light that it wasn't as easy as Ivana made it look !! Hilarity raised its head as we all managed to forget to breathe the technique or forget to move and rock back and forth...which way did the arrow point, start at the point, take the slack...oops forgot to breathe into the pres-sure, took the pressure off....good on you Ivana for your pa-tience.

After lunch it was time to practice on the real thing...our fur pals !! How good they were as we pulled and prodded, got it wrong, did it again and got it right. I must say it was easier look-ing at the Greyhound as you could actually see where the mus-cles were, unlike my Shepherd who quietly took it in her stride as I felt my way through her coat, I think she has some muscles missing !! The dogs were so good, there was no anti-social be-haviour and I think they really enjoyed it despite our somewhat muffled attempts. They began the session quite excited and by the time we'd gone over what we'd learned that morning, more than one of them was asleep on their respective mats. My Cala was so relaxed I had to all but pour her into the van for the trip home.

Day Two

Another cold and blustery day. More moves to learn and prac-tice. Rick and Graham worked on each other and there was lots of cheek flying with a good rapport amongst the students. Our techniques had improved overnight and with Ivana's help and patience we learned more about the positioning of the body and how to breathe through the moves. Things were beginning to gel for us all.

Back to the garage after lunch and a few different dogs to work on. I think we were all more confident now and time seemed to fly as we practised the moves we'd learned on each other and transferred them to the dogs. Big dogs and little dogs all receiv-ing the same treatments and lapping it up. I think now we all needed a Greyhound...such definition and the ideal dog to learn on.

I hope I can read and understand all the things I wrote down on the diagrams, there was such a wealth of knowledge passed on to us by Ivana. Her enthusiasm is contagious and I for one can't wait to practice on my own dogs and keep them in optimum physical condition. Fabulous two days and I can't wait until the next course. I'll be telling my 'horse' friends to take up any chance to attend the Equine Touch courses in the future for sure too.

Thanks, Ivana,  
By Kathy Kerr



We found out Canine Touch works on 'em all - big dogs, small dogs, greyhounds, German shepherds, hunt-aways, poodles, sheep dogs, they seemed to love it.



By end of Day 2 Jane's dogs were examples of what Ivana refers to as 'Pancakes'! As in "flat as ....." Jane says they have been sleeping a lot, "maybe the quietest they have ever been. Long may it last !"