



The Equine Touch

# ANZET NEWS

The Equine Touch™ Australia & New Zealand Newsletter

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Hi everyone,  
I love the autumn, don't you?  
Loving the road-trips which take us to new & old venues; love hearing dedicated students talking about their aspirations for their horses and how they can help them by adding Equine Touch into their lives. These days there are sometimes fog or frosts to begin our days and even though in places we have enjoyed some lovely sunshine for midday warmth as soon as the sun begins to dip in the afternoons we are greeted by a chill. Don't let that stop you getting together with ET study-buddies! Plan for an active winter with your horses. If it's too nasty weather-wise to get out there riding find yourself some shelter (good shed) and practice your ET.

Keep in touch.

Janis, Ed

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ET at work  
High on a Hill  
over Nelson,  
NZ



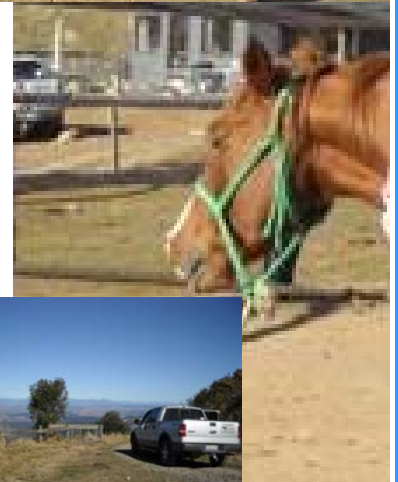
Here you go - finally some pix from NZ. I had a Level One student with me on a trip to the most amazing venue to work on some horses. High on a mountain top and I mean TOP overlooking Golden Bay and Nelson. You can see some of the view from the corral where I was working. Worked on seven horses in a day, so because of time constraints this was my first time really of just doing ET right from outset. A couple of the horses I branded and assessed, did some "Stuff" to and then let the Level One student loose on them. Others had some major issues and so Level 4 was in order after the BBB\* plus some stretching and mobilization. Best was a cute little pony, hadn't been touched for 2 years as he was such a vicious tiger. Had been a riding school pony and worked to death; held lots of emotional stuff in his TMJ\*\*. Did the head and TMJ moves three times after the BBB; huge releases and then he slunk off for a sleep. Dentist had trouble doing his teeth. Poor baby could not physically open his mouth. Could yawn after I finished. Did all the Level 4 hip moves and Logan basic. New pony! All cuddly and friendly, would have eaten you for lunch before that. The pictured horse is a Quarter Horse with sore back and neck.

Instructor: Janice Clyma,



\*BBB—Basic Body Balance

\*\*TMJ—TemporoMandibular Joint



**NZ News**

**ET News from Deep South (NZ)**

Hi everyone!

It's been a busy month down here with two Level 1 courses, the first in Invercargill courtesy of host Liz Ferns, who provided us with a fantastic venue and some great horses to work on. Mary, Anne & Verity got some great experience with one of our horses, a large TB called *Prince*. He put his ears back and lifted hind legs every time they went to do a move then promptly 'zoned out' and fell asleep! We timed him and one time he went for over seven minutes without moving an eyelid. At the start he wind sucked continuously but before we had even finished the hind moves of the Basic Body Balance he had stopped and just stood there waiting for the next move. The owner told us later that he paced his box and wind sucked continuously when he was inside. They had never even seen him stand still – let alone go to sleep!

**Level 1 Invercargill, NZ** *Instructor: Karen Burrows*



**Level 1 Dunedin, NZ**

*April 23-25, 2010 Instructor: Karen Burrows*

In Dunedin we spent the three days dodging rain showers but luckily the big storm didn't hit until I was driving home afterwards. It took me 3½ hours to complete the normally 2½ hour trip but I managed to get through before floods closed the roads – with full beam and driving lights I still couldn't see the road in places! The course itself went great, with Jo Griffiths, Jackie McAra and Gill Beaver getting some great experience with different horse personalities! It was one of those weekends when normally quiet, co-operative horses were unruly and the normally unruly horses were angels!

*Instructor: Karen Burrows*



## Scottish Highlanders—Level 1 at Tooradin, Vic

15-17 May, 2010

Instructor: Janis Hobbs

Thanks to owner, Rae, "Spud" - HighlanderXStockhorse was a perfect canvas to draw the arrows on for initial practical sessions and both he and his paddock mate, "Storm", Clydie X (insert) were well appreciated for their steady natures.



Storm

Spud



A special thank you to Sally Francis who made her beautiful property & kind horses available to us.

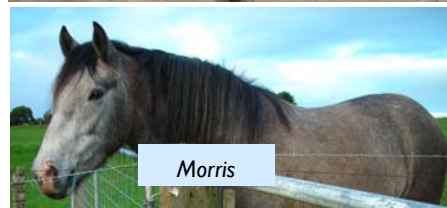
Affectionately referred to as "The Cars", our wonderful subjects for the final sessions were pure Highlander, Royce (4yo) & part Highlander Austin (5yo) (both pictured below). Morris, another of "The Cars", had been "parked" in a different yard and missed our afternoon session on Day 3. However, Deb Marriott had kindly brought along her 21 year old QH, "Tiki" who was also beautifully behaved, patient & tolerant.



Austin

Royce

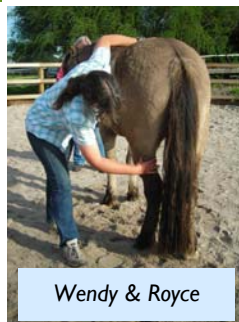
The students were interested in how long it took the horses to process the ET bodywork with "zoning", soft eyes, flickering ears and the most obvious signs, licking chewing, stretching & yawning. Asked how the course was for her, a parting line from Frances was "I have a lot of processing to do—I'll be chewing and yawning in about 3 days time!"



Morris



Deb & Tiki



Wendy & Royce



Frances & Spud

By the afternoon of Day 3 the pieces were all fitting together & all three students did very well in their final session. Well done!

Instructor:  
Janis Hobbs

Hi Janis

Just a quick hello and thanks for your time last week at Tooradin :-)

### Your Say:

I have watched the DVD and re read the manual a few times since our weekend and have found both to be invaluable for refreshing my memory for the order and direction of things. I am finding more things are staying in my brain each time.

I have had a play (I can see you cringing from here) with the 3 horses we have here and I believe I can feel/see a difference between them. The one that has impressed me is the one who has recently become grumpy. I have owned him for 2 years, in which time he has always been a sweet pleasant horse to have around and to ride. In recent months he has become a bit grumpy/snappy to handle on the ground and to ride. It was so unlike him that I have been trying to figure out what went wrong.

I have had 2 vet/chiros look at him. The first one said there was nothing wrong with him. Not convinced, I got a second opinion. The second guy did find a problem and I was happy with what he had to say. The horse continued to be grumpy.

Full of enthusiasm I have been practicing ET with him. When I first started, I got the grumpy face but he very quickly changed his mind and relaxed and stood there with his eyes half closed like he was dozing off.

I have since had a few more goes at it and there is now no more grumping at me. In fact, when I step back from him, he moves towards me as if to say "keep going, that was nice". As a very much novice at ET, I have already gained much satisfaction that I can do something to help him. Thanks.

Wendy Lambert, Level 1

## ET Back in Bendigo

Level 1 7-9 May, 2010 Instructor: Janis Hobbs

For the Mother's Day weekend Level 1 course this year we had two gentlemen named Greg. One quipped, "G1 & G2!!" For horses we had the usual troopers; the first afternoon's practical session with the horses we encountered misty rain as the two Gregs worked with old Major and tiny Angel. It was reliable Scout's turn the next afternoon and the last day, big Mary Poppins (Clydie X), Quinny & Rio Tinto were called into "duty" to provide a range of ET learning experiences.



Greg B had a "baptism of fire" as he put it, when his wife, Sherry's horse was injured over the weekend and was to provide a chance to put his new skills into practice without delay! Greg M expressed eagerness to apply his new skill set to his horses at home as well as the Rideability Victoria mounts at Echuca where he is a Coach.

*Instructor: Janis Hobbs*



It is wonderful to see and hear of how students put their ET to work. Why don't you share some of your stories? Send them in to the YOUR SAY segment, see below.

## Equine Expo Stall at AGFEST

Carrick, Tasmania

The biggest Agricultural Field day in Tasmania was held on the 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> of May 2010 at Carrick. Over 65000 people attended over the 3 days. There were over 900 stalls & the new 'Equine Expo' added at this year's event. I was lucky enough to be accepted to have a stall in the Equine Expo. I combined my business (Belinda's Natural Animal Therapies) & my stud (Scolinda Palomino Welsh Cobs & Miniature Equine Stud). I had a pen of miniature ponies, which were a huge draw card for my display. People would come pat the ponies then have a look in my tent!

As an Equine Touch practitioner, I had information about the Equine Touch on display and also handed out brochures & info on courses coming up in our state. I was very surprised in the level of interest of horse owners wanting to learn more about ET! I would like to thank Janis Hobbs of Victoria for sending me brochures & information sheets for me to display in my stall. Tasmania is also going to run the ET courses in September this year. Hope we get a few follow ups from this great event!

Kind Regards,  
Belinda Atkinson  
Equine Touch Practitioner, Tasmania

### YOUR SAY:

What is *YOUR* ET story?  
Email your story & photo to Janis  
by 15<sup>th</sup> of each month to  
[equinetouch@hotmail.net.au](mailto:equinetouch@hotmail.net.au)



Held over to next month, a case study from Belinda Atkinson.

## Trek to Albury

Level 2 22-24 May, 2010 Instructor: Janis Hobbs



Crisea in fine form as she "pops the cap".



Sue (left) & Virginia (below) master the sacrum & pelvic procedure



Keen to take on the next level of their Equine Touch studies they trekked down to Albury on the Victorian border from Griffith, Medowie and Annandale in NSW –and with caravan in tow we trekked across Victoria from Charlton to join them.

We all enjoyed three intense days of Equine Touch. Revising all the Level 1 material was the order of the day on Day One then into the new procedures Day Two. On completing the remaining Level 2 moves the last session was all about revising and consolidating the new tools in the toolkit.

These ET skills will be added to the other vast array of skills from other fields of previous study and put to good use for the benefit of the students' own horses as well as rescue horses in the future.

As can be seen by the photos with such an earnest and dedicated approach everyone was really "looking the business" by end of Day 3! And the horses loved it!

Thank you to Virginia for transporting her horses three & a half hours, and to local ET Level 3 student, Nicole, as well as Bernie, for allowing us to work with their lovely buckskins, namely "Hitman" & "Ceana".

## ET Top Tips

"ET Top Tips" will feature a tip every issue as something you can focus on to improve or maintain your ET skills. These will be reminders of items you probably heard and saw during a course.

Janis Hobbs

# 11 In the early learning stages as an ET student you will probably want to take your manual and/or reference card with you to wherever you are working with the horse(s). Please make sure to secure the manual so it does not flap—even the quietest horse is liable to respond, as a prey animal, with a start if the manual takes flight or flaps in a gust of wind. It is part of making sure you have a safe working environment. Other points are good footing, no distractions such as pets, motorbikes or other horses in work, not at feed-time etc. Take the time to set up for safety & success.