



The Equine Touch

Editor:
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Hi everyone,

An Opportunity not to be missed!

Exciting news!
Ivana Ruddock, Director of Education, Equine Touch Foundation will be in Australia in August.

A Level 3 course date has been set for 26-29 August, 2011 in Victoria.

This is the first Level 3 course to be offered in Australia for over 18 months and those eager to progress their Equine Touch study are urged to act swiftly to secure a spot.

Attention

- Level 2 students seeking to advance your study of Equine Touch
- Level 3 who wish to review
- Practitioners due for On-going Professional Development

For bookings contact Janis at equinetouch@hotmail.net.au

Keep in touch.

Janis, Ed

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Just forgot to tell you by Ivana Ruddock



I would like to share with you one of my recent stories...

Last winter, in November 2010 while in Czech, I was asked by my veterinarian friend if I would look at one of his patients, a young colt. He knew that I am working with horses, we had spoken about it briefly when I took my cat to be castrated at his clinic. I gladly agreed to have a look, as Jock and I had been in Czech for a long time and we both desperately needed some change in our lives.

He picked us up on a terribly cold day, it was snowing/raining, the roads were covered by thick ice slush and wind blew about 60 miles per hour. When we arrived we found the owner in the stables, cleaning around her four horses. The young colt was taken out for us to see how he was. He was a 6 month old warm blood, looking more like a 2 year old - very overgrown for his age. His gait was so uncoordinated that it was actually scary to watch. He was not able to make a turn to either side or back up.

I actually pushed Jock aside as he was still weak after his recent chemotherapy and asked him not to come close to this horse. He was really dangerous, not only to the people around him, but to himself. He was constantly stepping on his other hooves, overreaching and stumbling all over the place. He had serious ataxia. My friend tried to demonstrate all his neurologic symptoms - pulling the tail while the horse was walking, trying to lift the legs and cross the front feet, head reflexes. Performing those tests were life threatening (for both) so I stopped him in the middle and said that for an ET session it is not necessary to have all these tests done.

Gladly we returned to the stall. I had the lady owner holding him and a protesting Jock staying outside the stall, demanding that he wanted to see him. I knew that two people were already too many around that horse. At that moment I was trying to do gentle ET branding. The horse's muscles were so tight, especially on his back, that I could not even press into them; they

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Just forgot to tell you... by Ivana Ruddock (CONTINUED)

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were like a plank of wood. He was so sensitive around the hindquarters, running my hand over his hamstrings area produced serious kicks. But strange kicks, not at me directly, but to the side, like he really did not know from where the touch is coming. His neck was slightly bulging in two areas on the right and at base of his neck on the left. The owner could not recall any injury, and described that this state came "overnight".

Freezing, I started to do the BBB. He was still kicking while working on the hindquarters. 'Popping the Cap' was a game of 'who will be faster'. But once again strange kicks, more like a response to sudden touch not as defensive kicks. He became pretty agitated at this time (mostly because he was held on short rope at one place) so I went to his head and performed the Forehead moves, Masseter and TMJ procedures. He calmed a bit, his face was calmer, but his body was still wobbly, as though he was not able to stand still and keep his balance. I continued with the holistic back opening procedure, thinking if he will get worse (irritated) at least I had addressed the spine, which was my area of concern as he was such a "neurologic" patient. He stayed calm so I continued with the forequarter procedure.

He had so many trigger points around his shoulder blades that while I was doing the rhomboid area his body was violently shaking. But he never moved away or attacked me. After I finished the back closing procedure I decided that this should be enough for him. I did not want to risk that I would release so many of those tight muscles (which presumably he was using as an crutches to support him and keep his balance). I rather explained to the owner that I would come 4-5 days later to continue, better if she would get in touch with the veterinarian to get me there.

At that moment Jock came in the stall and addressed the horse's neck with couple of L4 moves and gentle manipulation. The youngster was showing some "surprised" faces, and with his chewing, licking and yawning, confirmed that something big had happened.

We left, completely frozen, damp, but with two bottles of home-made brandy - very Moravian habit, we still operate on a "bottle" exchanging system there, no money required.

A week later I was sort of itchy to know how the colt was doing. He was a really interesting case and I know that they said that they would put him to sleep as he was so dangerous. But I did not hear anything and of course another stay in hospital with Jock made me forget all about it.

At Christmas I was telling that story to Lyn Palmer and thinking that I should call my friend and wish him Merry Christmas and at that occasion I could ask him what ever happened with the horse. After little thought I said to myself, I had better not. For most of the "local" vets in my country the Equine Touch can sound more like 'woo woo' stuff, and each single unsuccessful case would merely be their justification of their beliefs. So I decided that I will not remind him of that day at all and wished him happy New Year by a text message.

What a surprise! Yesterday (in March 2011) I received an e-mail from him, telling me that he had a hard time getting my e-mail address, as he could not contact me by my phone. (Of course my phone is switched off when I am out of my country). He informed me that the owners sort of "forgot" to tell him that their horse improved immediately after our visit!

His recent visit revealed that almost 50% of his troubles are gone, he can comfortably back up, he is more stable and his front feet have normal range of motion. They called him to ask if he knows somebody around who is doing the "stuff" and that they would love to continue with it in the horse's rehabilitation.

I am sure that this situation has happened to many of you; you were chewing your fingernails off, in stress that you could not help some horse. Then later on you find out that everybody is extremely happy as you actually helped so much!

So keep doing what you are doing! You are surely helping that horse, just their owners sometimes forgot to tell you!



Easter Adventure in High Country for ET regulars



Angel, Stormy, Rio Tinto, Scout and Quinney will be recognized as regular “tutors” by ET students who have studied their Level 1 or 2 at the Equine Touch venue at Bendigo (Mandurang South).

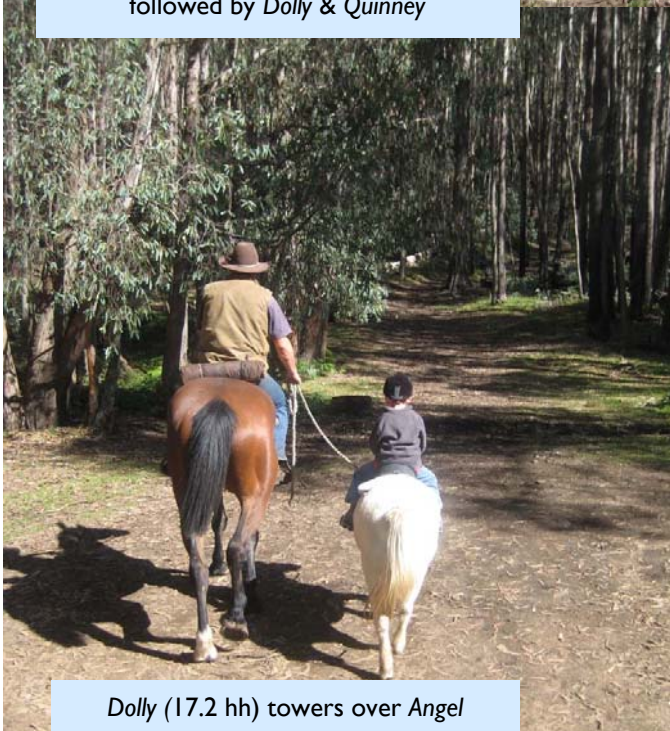
This year at Easter time, along with their human family and a few other friends, they embarked on an adventure holiday in the Victorian High Country. Given the steep climbs and descents I wonder if the horses would call it a holiday? (The photos never seem to adequately show the steepness of the terrain.)

Some of the smaller adventurers were delighted to find Easter egg treats in all sorts of places on Easter Sunday. It was a different story for the horses — daily, at day’s end, some of the horses were lucky enough to enjoy some maintenance ET sessions from Kylie Blanchard, (ET Practitioner).

Prioritising the horses’ welfare & “going the extra mile” at the end of a long day in the saddle to give them some ET, that’s dedication. Well done! Thank you, Ronel, for sharing your wonderful photos of your family’s adventures.



Stepping out ... *Rio Tinto & Stormy* followed by *Dolly & Quinney*



Dolly (17.2 hh) towers over *Angel*



River crossing:
Scout, ???, Rio Tinto, Ace & Quinney



Your Say: From Tasmania to Tooradin (Vic) By Denise McMaster, Level 1

Level 1 at Tooradin, Victoria, 11th–13th March, 2011

Instructor: Janis Hobbs

Denise, applying her graceful belly-dancer arms & hands to ET



I arrived at the course, not really sure what I was getting into, not having seen Equine Touch anywhere, or really knowing anyone who had done it (or had it done) on their horse. I have two older horses who have had pretty hard lives physically and I wanted to be able to make them feel good! I was concerned that not having done any bodywork type thing before, I would be a little lost with it all - I shouldn't have worried as it wasn't essential at all to starting the course and didn't hinder my progress.

We were a small group, with only Li and myself, so we got plenty of hands on and lots of attention from Janis, who walked the fine line of letting us think and work it out ourselves and her giving us a guiding hand when needed.

The venue was fantastic... lots of different horses to practise on... wonderful old house... and wonderful host, Sally, who went out of her way to make sure things went smoothly and that we always had a horse to work with (she was also a willing handler and volunteer for us to practise on as well - brave woman!!!)

Janis started out the first day with a little "theory" as to what Equine Touch was, how it can help horses and we had a go with the "Big M" and "Arrowhead" moves on each other (and on Sally). Then it was off to the horses in the afternoon. We learnt the "Branding" and the Basic Body Balance and even though I know I was probably only getting 20% of the moves right, the ponies still enjoyed it and relaxed a great deal. (Thank you *Kalvin* and *Beau* for being such patient ponies.)



Li, a picture of determined concentration

Day Two saw us back in the "classroom" for some more theory and practice on each other. It was amazing how much easier it all seemed to be. Then back out to the horses - I had the beautiful *William* (who I would have loved to bring home with me!). We did a "branding", and a BBB, then some areas of concern. The day was interesting as *William* was a little more lively than *Kalvin* the previous day and bigger (more like my own horses), but at times he still was asleep on his feet. The day saw me totally "brain dead" at the end and I had reached overload and struggled a little with the hamstring moves. But I know that I improved no end and felt quite pleased with myself! Great to see *William* chewing, yawning, sighing and even turning and looking at some areas.

The Third Day saw me with *Optus* - a big chunky TB, who was a very excitable guy, but very quiet to handle, and after "branding" we finished our Areas of Concern.... I loved the TMJ one.... amazing results in such a short space of time. After lunch saw us with the Highland Ponies... who were young but very quiet and lovely to handle. We did the whole branding, BBB and several areas of concern. We were challenged to practise the ones we found the most difficult. My hamstrings were slightly better than the day before so, YAY!!!

A big thank you to Janis for organising it all, even though she had been flooded out! Also to Sally at Tooradin for trusting us with her horses. And also to Li for an amazing effort. Li was up at 2:30 am for two of the mornings to help at a racehorse stable. Not only that, English is her second language. So, tired AND having to translate to herself... she was inspiring).

The whole experience was great... lots of hands on, Janis was always ready and able to help and answer questions. I couldn't recommend it more highly to anyone that owns a horse. It is a lovely way to say thank you to them. I am still yawning and chewing myself - there was so much to learn ... but well worth it!

YOUR SAY: What is YOUR ET story?

Email your story (& photo if possible) to Janis by 15th of each month to equinetouch@hotmail.net.au

A First! National Equine Touch Day, 18th June, 2011

To all participating students & practitioners,

From racehorses and rescued brumbies in WA to RDA ponies in Victoria dedicated ET students & practitioners answered the call.

THANK YOU for your commitment to building awareness of The Equine Touch by performing ET on horses on June 18. Our combined efforts contributed to the Australia & New Zealand effort to convert

UK & Ireland National Equine Touch Day into INTERNATIONAL Equine Touch Day.

From your hard work more people learned about Equine Touch and the benefits it can provide and so in the future even more horses will be helped.

Thank you for your part in bringing the Equine Touch Foundation Mission Statement into being:-
"Helping horses by educating humans".

How did you celebrate National Equine Touch Day? Even working on your own horses at home on the day counts towards the tally of the number of horses receiving ET sessions.

STOP PRESS!

Unofficial Tally
so far is

54 horses.
I'm sure we did
more than that!

Please send in your report of horses worked on
to add to the unofficial tally ASAP!

Aussies please email me, Janis Hobbs, at equinetouch@hotmail.net.au

Kiwis please contact Janice Clyma janice.clyma@extra.co.nz.

National Equine Touch Day, 18th June, 2011 celebrated at Tooradin, Victoria



Pictured above are Beau & Calvin, Tooradin Estate resident horses, as well as Chief (on the right), one of the RDA Officer, Victoria horses. Seventeen horses received their free Equine Touch sessions to celebrate National Equine Touch Day, Saturday 18 June, 2011. This total was achieved in the few hours we had available thanks to the enthusiastic participation of Jo (Level 2) and two Level 1 students, Li & Jade. Well done everyone!

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THE EQUINE TOUCH
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"TO HELP HORSES
 BY EDUCATING
 HUMANS"

websites

**Need more
 information?**

Check out the websites.

www.theequinetouch.com
www.vhtworld.com

The Equine Touch™ - Your gift to your horse.

Courses and Events Calendar 2011

Australia

Look!

August 26, 27, 28, 29	Level 3	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
September 3, 4, 5	Level 2	Tooradin, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
September 10, 11, 12	Level 1	Hobart, Tas	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
October 15, 16, 17	Level 1	Newcastle area, NSW	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
October 21, 22, 23	Level 2	Newcastle area, NSW	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
October 29, 30, 31	Level 1	Bendigo, Vic	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au



NZ News

**26 July, 2011 - news
 from Janice Clyma,**

Instructor

After an experience earlier in the year with earthquakes shaking things up further south near Christchurch, South Island, near one venue Janice Clyma reports a little more excitement, this time at Hamner Springs, South Island, where she conducts some of her ET courses.

SNOW, light fluffy stuff, had her latest charge a little unsure about whether he should step out on it. Here pictured with Magali Prigent, a visiting osteopathic student from France, is Eric, the Standardbred, in "hospital" for a bowed tendon. He also had a track fall in harness so is a bit battered and bruised around the neck & shoulders. Regular ET forms part of the TLC provided by Janice.

Maglia, is with Janice for 7 weeks of work experience and this is her first experience of ET. She is doing Level 1 ET with Janice 19 - 21 August before she goes back to France to finish her osteopathic degree.

Keep a look out for the
 next issue in
September, 2011

