



# Tellington TTouch® Southern Africa

Issue 8, September 2016

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Website of the month  
Book of the month

### TTouch South Africa

[www.ttouch.co.za](http://www.ttouch.co.za)

**Eugenie Chopin**

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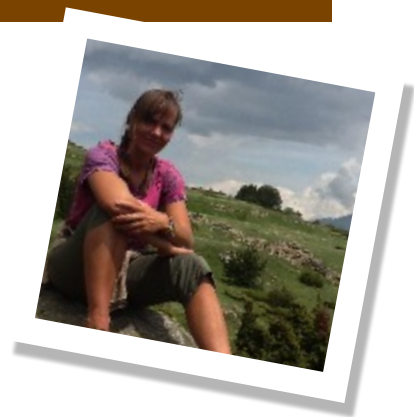
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## Nancy’s Letter

Dear TTouch friends,



Whilst Eugenie is enjoying some time in the bush, I thought I would take this opportunity to hijack her letter space!!

And so an experience came to fill this space. This afternoon, I was doing my Taichi form on the beautiful rock that is part of the Land where I live in Mokatse (Botswana). An awareness of the similarities between TTouch and Taichi was made very more apparent to me.

When doing the TTouch touches, one needs to be aware of, amongst other things, the roundness of the circle, the speed, the rhythm, the presence and the pause.

And so it is with Taichi as well!

A well practiced form has the roundness of the position of

**“If a dog will not come to you after having looked you in the face, you should go home and examine your conscience.” – Woodrow Wilson**

“holding the ball”, the speed (or slowness) of the form is consistent, and the rhythm between each, and of each movement is flowing and smooth.

However, the most important is the presence of the person, body, mind, heart and soul, whilst performing the form. Otherwise it just becomes a mechanical movement that does have some health benefits, but is sadly lacking in the full greatness of the rewards that can be achieved. In order to be fully engaged with the form, one needs to be fully present.

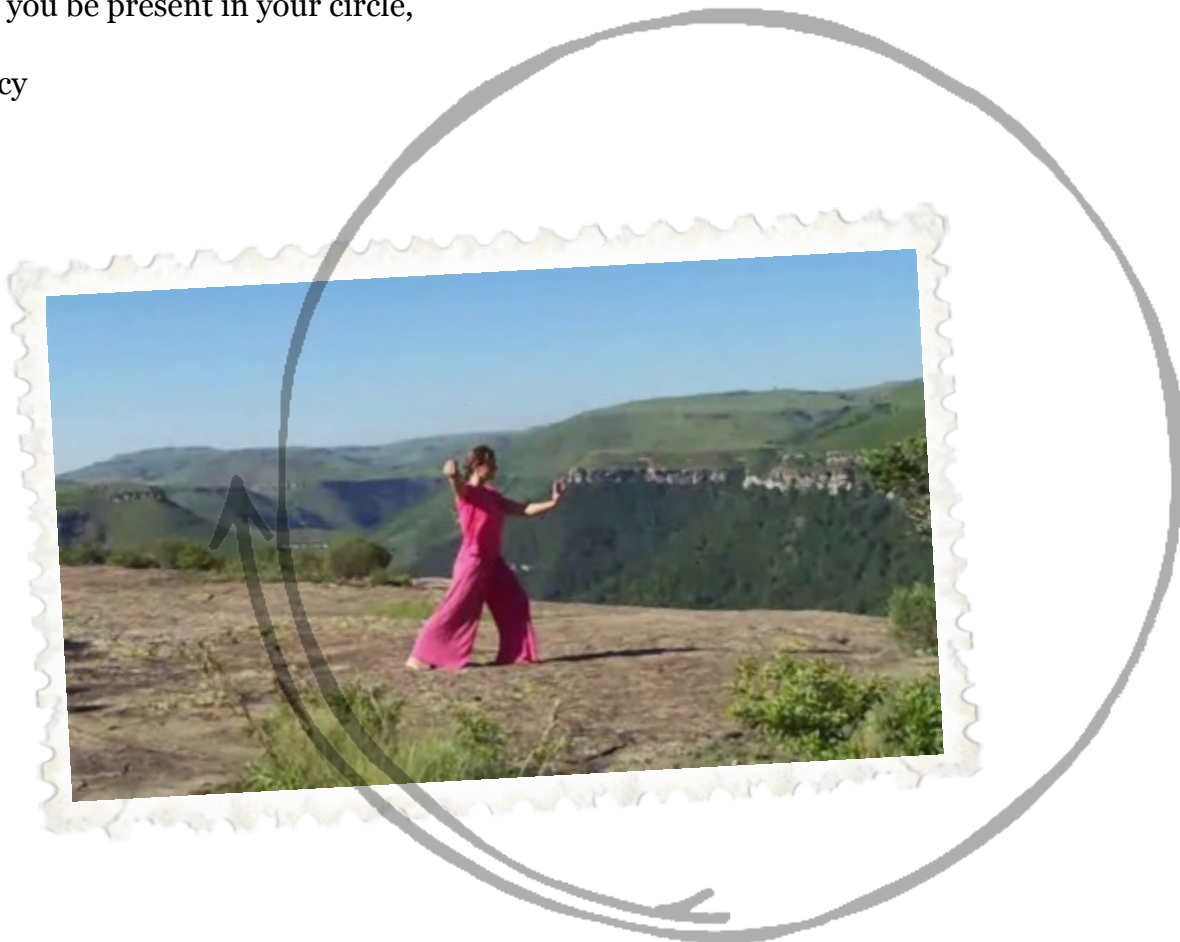
And finally, the pause. Each movement of the form has a beginning, a middle and an ending. Before the beginning of a movement and after the end of a movement, there is a “pause.” It is the pause that allows the thought of beginning the next movement to take place, and it is the pause that allows the end of the movement to settle and finish.

When the Taichi form is performed beautifully, one can sometimes clearly see the pause, and yet, sometimes one can hardly see the pause, because the pause also takes place in the breath flowing from in to out, in the shifting of the mind from one movement to another, in the space between beginning and end.

You can see how similar all that is to doing the TTouches. Which brings us to realize that anything that is beneficial for us and for our animals is all connected in a great big circle (and a quarter...:-)!).

May you be present in your circle,

Nancy



## Upcoming Tellington TTouch Trainings

### For Companion Animals and Horses

You need no previous Experience to join these Trainings

*These trainings are for any person who wants to better understand their animals as well as for those who would like to work with animals themselves.*



### Companion Animals

#### 5-Day TFACT Practitioner Trainings

With Edie Jane Eaton and Eugenie Chopin

**Dates:** 24<sup>th</sup> to 28<sup>th</sup> September, 2016  
**Venue:** Sandton/Midrand, Johannesburg, Gauteng  
**Times:** 9:00am to 5:00 pm daily

**Contact: Eugenie Chopin**  
 at: [info@ttouch.co.za](mailto:info@ttouch.co.za)  
 on: 011 884-3156

**Full Price: ZAR 4850.00**

**Deposit: ZAR 2500.00**

**Early Bird Price: ZAR 4400.00**

**expires on 23<sup>rd</sup> July 2016**

### 3 Day TFACT or TTEAM Training

This will be the first 3 days of the Companion Animal or Horse Training and will count as a half session for those interested in the Practitioner Program

**Full price: R2900**

**Deposit: R1600**

**Early bird: R2600**

**(expires on 23<sup>rd</sup> July 2016 for Companion Animals and 31<sup>st</sup> July for Horses)**

For more details, [click here](#)

### Horses

#### 5-Day TTEAM Horse Clinic

With Edie Jane Eaton and Lindy Dekker

**Dates:** 1<sup>st</sup> October to 5<sup>th</sup> October, 2016  
**Venue:** Donnybrook Guest House and Stables, 66 Chattan Road, Glenferness, Midrand  
**Times:** 9:00am to 5:00 pm daily

**Contact: Eugenie Chopin**  
 at: [info@ttouch.co.za](mailto:info@ttouch.co.za)  
 on: 011 884-3156

**Contact: Lindy Dekker**  
 at: [equibalance@iafrica.com](mailto:equibalance@iafrica.com)  
 on: 083 616 0577

**Full Price: ZAR 4850.00**

**Deposit: ZAR 2500.00**

**Early Bird Price: ZAR 4400.00**

**expires on 31<sup>st</sup> July 2016**

## Groundwork Exercises

By Sarah Fisher - TTouch Instructor and Behaviour Counsellor

Facebook Post on

<https://www.facebook.com/groups/1701380693479335/>

**D**id you know that the Tellington TTouch is not just a rewarding way of connecting with animals with your hands?

The Ground Work exercises often referred to as a **Confidence Course** or the **Playground of Higher Learning** are an important part of the Tellington TTouch technique and are beneficial for many reasons. **Slow movement exercises** are **more effective** in **releasing habitual patterns of bracing and tension** than fast exciting games or attempts to address ridden problems in a horse with poor posture from the saddle. They can **give the animal new experiences** and **teach them to respond** rather than merely react to the environment.

Engaging **slow twitch muscles** can **increase dopamine and serotonin**, and this approach has been a vital stepping stone for dogs and horses that are 'busy' and find it hard to relax as well as those that cannot be touched. Many dogs are sensitive to contact on the middle of the back at the end of the rib cage (just behind the natural dip in the spine that is more evident in the bull breeds and Sighthounds). Sensitivity in this area (T13/L1) can be due to habitual pulling, loading the forequarters to compensate for hind limb problems, consistent high energy games such as fetch, wagging the body from the middle of the

back rather than wagging the tail due to hip problems and/or arthritis and so on.

**Slow movement exercises** aimed at **increasing flexibility and improving proprioception** can help to **reduce sensitivity** to contact on the back and around the hind quarters.

**The aim**, as with all aspects of TTouch, is to

**improve balance and body awareness and incorporating TTouch groundwork exercises** into your client sessions or training sessions **can add variety** and give you more **insights into why an animal may be struggling** in certain aspects of his life. They can also provide you with more tools to help the dogs and equids in your care.

In the coming weeks I will post some information on some of the individual Tellington TTouch ground work exercises that have been helping animals for over forty years.



[www.tilleyfarm.co.uk/](http://www.tilleyfarm.co.uk/)  
[www.ttouchteam.co.uk/](http://www.ttouchteam.co.uk/)



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[www.facebook.com/tilley.farm?fref=ts](https://www.facebook.com/tilley.farm?fref=ts)

## Meet a Practitioner - Carmen Leonard

by [Tersia Kock](#)

"It is a nice way to give back to the animals"

It is a cold June morning when I am welcomed at Broshacarm Kennels and Cattery. The welcoming committee consists of Raven and friends...how welcome does one want to feel – if not intimidated, due to the committee consisting of German Shepherds and a wolf hybrid.

We go to Carmen's house on the property and it is quite strange not to see the marquis in which we usually do the trainings. Yes, many boarders at Broshacarm have doubled as TTouch teachers during trainings.

The name of the kennels come from the names of Carmen and her two siblings. Bronwyn manages a vet shop, did dog training and does animal behaviour consulting. Sharon works at a veterinary practice.

Their mother, Pam, bred German Shepherd for many years. About 48 years ago Broshacarm kennels started with the idea that it would be home away from home for the animals. Her father built everything on the property, including Carmen's house. On a business level it is another

story of hope...they started with one dog and today one can barely find space when booking over the peak holiday periods.

Carmen spent time at dog shows whilst growing up and as an adult continued with dog training on many levels. She did obedience work up to C-test, as well as tracking and attack work.

Carmen's other life was ballet. She would come back from ballet classes and later her work as a ballet dancer and have to wash down kennels and stables. She believes this kept her grounded. She did not walk into the kennels at management level. She started by cleaning kennels.

Carmen matriculated at Pretoria National School of the Arts and continued her ballet career, becoming a principal dancer at a company. She continued until she fell pregnant with her first child. She still taught ballet and laughingly tells



Carmen and Barrick



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[carmenshadow@mwe.co.za](mailto:carmenshadow@mwe.co.za)



[facebook.com/carmen.leonard.9](https://facebook.com/carmen.leonard.9)



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Cheyenne and babies

how she would drop baby off with someone but the dogs joined her at the ballet classes. After her second child was born 25 years ago she returned to the kennels full time.

Asked about where she started with TTouch, another interesting story is told. She was always close to animals. She was shy and introverted but could speak to the animals. The dogs and cats got all her news first hand. When things went wrong, she had the animals. She got a lot from the dogs and wanted a way to give back to them. She read about TTouch in an Animals in Distress flyer and not long afterwards went to a holistic fair where she heard about it again. Dr Garry Eckersley referred her to Eugenie, she joined the programme and here she is having qualified as a practitioner in TTACTION II (the programme is now at TTACTION VI.)

Her training was held at the kennels, which also made it easier for her as she still was not comfortable joining groups. She formed the most wonderful bonds and friendships with fellow students and, as all of us, got far more from TTouch trainings than she expected. Carmen says that people would come and go in her life until TTouch – and then she formed different relationships.

Carmen almost uses TTouch on a daily basis. The boarders at the kennels reap the benefits. My own dogs have boarded at Broshacarm and this is one of very few kennels that I actually recommend. A dog stayed there after a cruciate ligament operation and the vet was blown away with the recovery process. They have a fourteen-year-old boarder with major problems and he is still fine coming there and being pampered whilst with them.

Carmen has helped her own animals, including a cat and a dog with epilepsy. They do not use medication. The cat does not like being touched but it has helped him a lot.

She often used TTouch when a cat finds being kennelled stressful and will not eat and does not settle. Quite a few animals come to the kennels for recovery. She has used TTouch on all her desperately ill animals and finds it interesting that they seemed not to want it right at the end. They then just wanted her to be with them.

Carmen also did an animal healing course as well as a course in natural remedies. If she wanted to do TTouch to give back to the animals it sure sounds as if this is what is happening.



The gang

## Can I create a sensory garden for my dog?

*Editor's Note: Since Tellington Ttouch's Playground of Higher Learning is so wonderful at improving balance, increasing flexibility, improving proprioception, improving body awareness, and much more, why not create your own wonderful Playground/Sensory Garden for your animals in your own garden... Have fun!*



Adding a few specific plants and other features to your garden can stimulate your dog's brain, activate his natural canine instincts, and build his confidence.

Sensory gardens are becoming more and more popular in rescue centres as an alternative way to tackle stress in dogs.

As well as tantalising all their senses, sensory gardens encourage dogs to interact with

their surroundings and provide physical and mental challenges.

### The right scent

Dogs Trust's Glasgow and Harefield rehoming centres have sensory gardens which feature different plants, textures, and materials. And last summer, Bath Cats & Dogs Home unveiled an innovative sensory and enrichment garden, which features 27 different textured surfaces and a number of medicinal plants for dogs to self-select. It is the first centre in the UK to incorporate self-selection as part of a sensory garden.

The idea came from zoopharmacognosy specialist Caroline Ingraham, who helped put together a list of plants to include in the garden. Zoopharmacognosy is the process by which non-human animals self-medicate, using their sense of smell and influenced by their physiological and psychological needs.

Steve Hill, Bath Cats & Dogs Home's head of behaviour and welfare, who spearheaded the sensory garden project, said: "We were thinking about putting in a bit of lavender to have a calming effect on the dogs, but then Caroline gave us a whole list of other things.

"The animals are in a position to decide whether they want something or not. They might just want to inhale a plant, or they might want to ingest it.

**[Please carry on reading on the website...](#)**



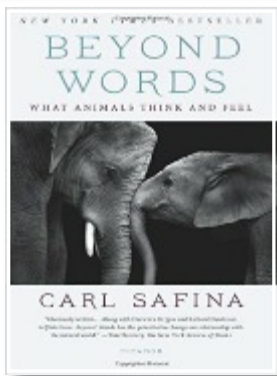
Website of the month

<http://www.animalhopeandwellness.org/>



The Animal Hope and Wellness Foundation is a 501(c)3 non-profit organization focused solely on rescuing abused dogs and dogs from the meat trade throughout Asia. We rescue them, provide full rehabilitation services, and then work to find them perfect homes.

Book of the month



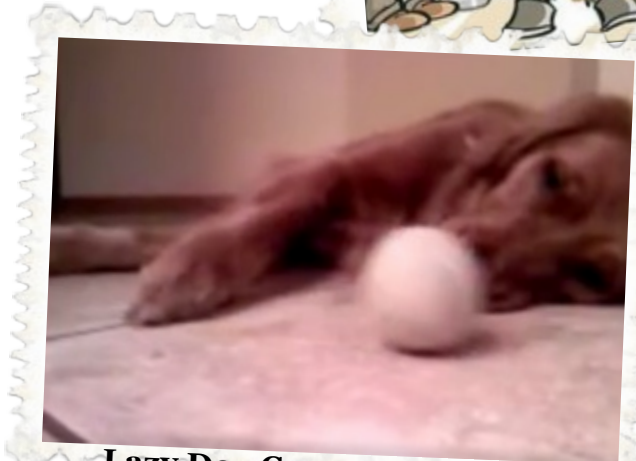
**Beyond Words: What Animals Think and Feel**

*I wanted to know what they were experiencing, and why to us they feel so compelling, and so-close. This time I allowed myself to ask them the question that for a scientist was forbidden fruit: Who are you?*

Weaving decades of field observations with exciting new discoveries about the brain, Carl Safina's landmark book offers an intimate view of animal behavior to challenge the fixed boundary between humans and nonhuman animals.

Beyond Words brings forth powerful and illuminating insight into the unique personalities of animals through extraordinary stories of animal joy, grief, jealousy, anger, and love. The similarity between human and nonhuman consciousness, self-awareness, and empathy calls us to re-evaluate how we interact with animals. Wise, passionate, and eye-opening at every turn, Beyond Words is ultimately a graceful examination of humanity's place in the world.

Bits and Pieces



**Lazy Dog Creates Lazy Game**  
*Does this count as exercise?*

<https://www.facebook.com/AFV/videos/10154328177606661/>

**Your Dog Knows Exactly What You're Saying**

Until now, scientists didn't know that the canines understand both our words and the tone in which we say them.

**By Carrie Arnold**

**PUBLISHED AUGUST 30, 2016**

It doesn't take a scientific study for dog owners to believe that their pets know what they're saying. (We cat owners are a little less certain.)

But it's not always clear exactly what Fido is paying attention to.

[Read more...](#)