



Tellington TTouch® Southern Africa

Issue 07, August 2017

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TTouch South Africa

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Eugenie’s Letter



Dear TTouch Friends,

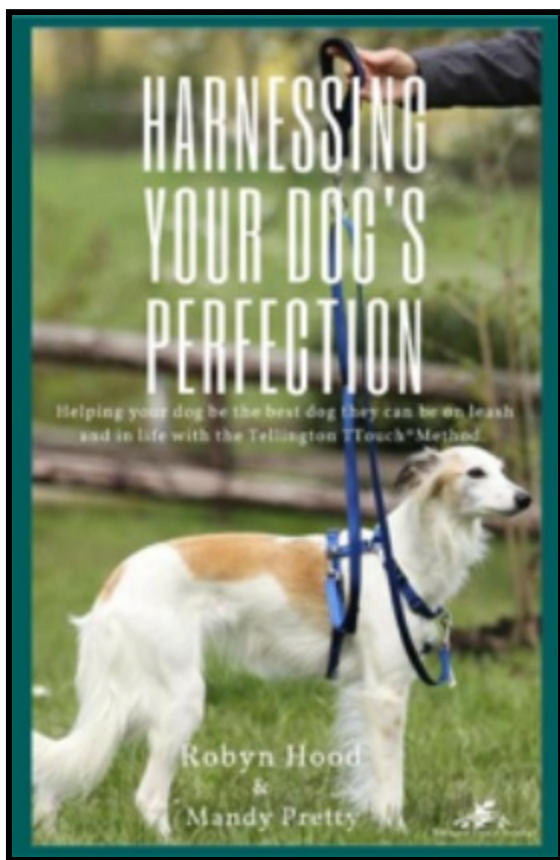
I feel so blessed to have just spent a week in the bush. There is something about being in Nature that brings out the best in me. Deepak Chopra says it’s the next best thing to Meditation and I wonder if it isn’t better! I certainly know it’s one of the things that has kept me in Africa all these years. One of the pure joys of the bush for me are the elephants. They are so majestic

It’s hard to believe that the next training is almost on us and September will be fun with Debby Potts coming to teach. Debby was actually the Instructor for my first 3 trainings in the USA in the 90s so we go back a long way. I know those of you coming to the trainings will really enjoy working with her.

A lovely horse is always an experience.... It is an emotional experience of the kind that is spoiled by words. ~Beryl Markham

The Good News for Cape Town is that we are planning a training (3 or 5 days) starting November 18th. It's a chance for people to get that extra training in before the Advanced in 2018. Let us know if you are interested.

I am super excited to tell you that we have on order the latest TTouch book which I simply love: "Harnessing your dog's Perfection" by Robyn Hood and her daughter Mandy Pretty. This is such a wonderful practical book that includes so many of the newer techniques we are using in the TTouch World today. Everyone should have one as it will update those who know the work and give great ideas to anyone who wants to walk their dog.



Simply learn never before published Tellington TTouch exercises and techniques to help your dog become more comfortable and cooperative when on leash. Included are a number of how-to, step-by-step descriptions for each exercise, complete with many full colour photos. Handler balance and posture exercises are also featured and will help anyone become a more effective, clear and aware anytime they work with a dog. 80 pages, full colour, printed in Canada.

We are expecting our books any day now and we will post the price on our website

as soon as they arrive and we can work out the final cost. So check out www.ttouch.co.za for details.

As it's getting warmer here in JHB, I can almost wish you a Happy Spring! So enjoy whatever good weather comes your way and take those 4-legged's out for a walk!

Warmest regards,
Eugenie

**Instructor for
Tellington TTouch
Companion
Animals**

eugenie@ttouch.co.za

www.ttouch.co.za

011 884-3156

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.

Gauteng Practitioner Training for Horses

Workshop: **5 Day training for Horses**

Presented by: Debby Potts and/or Lindy Dekker

Date: September, 16th to 20th, 2017

Venue: Donnybrook Stables, Glenferness Midrand

Price: Full price R5200 -Deposit R2800

~~Early Bird price R4680 expires 16th July 2017~~

3 day option available

Price: Full price R3500 -Deposit R1800

~~Early Bird price R3150 expires 16th July 2017~~



Debby Potts

Contact: Lindy Dekker
at: equibalance@iafrica.com
on: 083 616 0577

Gauteng Practitioner Training for Companion Animals

Workshop: **5 Day training for Companion animals**

Presented by: Debby Potts

Date: September, 22nd to 26th, 2017

Venue: TBA Midrand or Sandton, JHB, Gauteng

Price: Full price R5200 -Deposit R2800

~~Early Bird price R4680 expires 29th July 2017~~

3 Day option available

Price: Full price R3500 -Deposit R1800

~~Early Bird price R3150 expires 29th July 2017~~

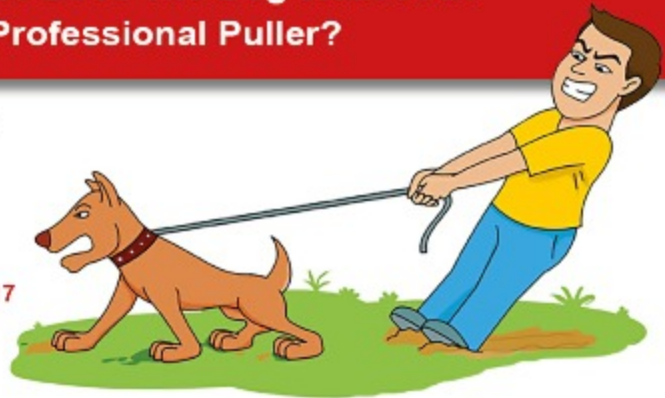
Contact: Eugenie Chopin
at: info@ttouch.co.za
on: 011 884-3156



For more details, [click here](#)

Is Taking Your Dog For A Walk An Impossible Task? Do You Walk The Dog Or Does The Dog Walk You? Is Your Dog A Professional Puller?

If you're being dragged around, it's time to get back into the drivers seat and we can show you how. Join us for a fun-filled day and a half workshop which includes the modifications to change this behaviour, plus the TTouch tools to help you put pulling behind you.



When: Saturday 2nd & Saturday 9th September 2017

Times: Saturday 2nd September 9am - 4pm
Saturday 9th September 10am - 2pm

Venue: Saturday 2nd September in Waverley, Johannesburg. No dog day. Theory and TTouch training only.
Saturday 9th September in Modderfontein, Johannesburg. Practical day with dogs. No aggressive or reactive dogs.

Maximum people and dogs allowed 8

Your Facilitators:

Scotty Valadao - Canine Behaviour Consultant, TTouch Practitioner and founder of www.friendsofthedog.co.za
Michelle Sachs - TTouch Practitioner, Dog Trainer and founder of www.truessence.co.za

For Bookings Please Contact Scotty On: 073 735 0469 or admin@fods.co.za

Cost: R750 for both days.
R200 deposit required to reserve your spot and the balance payable one week before.



ALCOHOL COMA DEATH INTOXICATION	AVOCADO CONTAINS PERSIN: VOMITING DIARRHEA	RAISINS CURRANTS KIDNEY FAILURE
COOKED BONES STOMACH LACERATIONS	WALNUTS MACADAMIAS NERVOUS SYSTEM AND MUSCLE DAMAGE	ONIONS GARLIC BLOOD CELL DAMAGE ANEMIA
DAIRY TOO MUCH: DIARRHEA	the world's MOST DANGEROUS FOODS FOR DOGS	GRAPES KIDNEY FAILURE
MUSHROOMS SOME VARIETIES: SHOCK DEATH	FATTY FOODS TOO MUCH: PANCREATITIS	CHOCOLATE TOXIC TO HEART & NERVOUS SYSTEM DEATH
CAFFEINE VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM	XYLITOL (GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH	MEDICATIONS (TYLENOL, ADVIL ETC.) KIDNEY FAILURE GI ULCERS
If you think your dog ate something dangerous, CALL YOUR VET or: ASPCA POISON CONTROL HOTLINE (888) 426-4435 NATIONAL PET POISON HELPLINE (800) 213-6680 <small>Illustration by LILI CHIN layout by DESIGN LAB CREATIVE STUDIO 3098LEK/M/HE/ART 2120KH/08/17/STUDIO.COM</small>		



Illustration from The Dog Owner's Manual, published by QUIRK BOOKS

Build Trust with Your Horse using TTouch

Cynthia McFarland - March 13, 2012

EQUISEARCH
For People Who Love Horses

Linda Tellington-Jones explains how to build trust with horses. When you build trust with your horse, he becomes a willing partner that gives 100 percent. Linda Tellington-Jones, creature of TTouch, shows us how.

If a safe, adventurous ride is what you want—and who doesn't?—one of the most valuable things you can do is to build trust with your horse. Linda Tellington-Jones, creator of TTouch, explains how.



This bond of trust flows both ways. When you build trust with your horse and the horse trusts your leadership, he becomes a willing partner that gives 100 percent.

When you trust your horse, you give him the direction and guidance he needs to feel

confident and perform to the best of his ability. When you build trust with your horse, your confidence builds too. Trust becomes an endless circle that builds on itself and becomes stronger over time.

"I once read about Native Americans training their horses at night, because it develops ultimate trust between human and horse," notes Linda-Tellington-Jones, creator of TTouch.

"I trained my great endurance mare, Bint Gulida, at night and we had a connection that was truly deep. She trusted me in every situation, including winning the Jim Shoulders 100 Mile Endurance Ride in 1961 when we finished almost six hours before the second-place finisher.

"There was absolutely no moon during that competition, so we totally trusted each other to find our way to the end of the ride. I think that trust lends a solid base to ultimate performance."

Create Connections

We tend to overlook the fact that confidence in your horse is linked to physical aspects. By using TTouch, you create neural connections that enhance his coordination and body awareness.

You can help your horse reach his highest potential and develop a meaningful bond of trust simply by using the tool of TTouch.

"It's amazing how these gentle TTouch movements can create a connection between horse and human based on trust," says Tellington-Jones. "That trust can literally save

your life out on the trail when you're in a challenging, even dangerous, situation.

"And believe me, I've faced a few!" she adds with a laugh.

"TTouch organize the body by rebalancing the cells, leading to the ultimate physical and mental well-being of the horse," Tellington-Jones continues. "When we realize that the cells hold emotions, it just makes sense that TTouching a horse will help connect us to the animal in a trusting way."

Be aware of your own body position when doing TTouch on your horse. Unlock your knees. Stand with your feet slightly apart. Lift your heels so that your weight is centered over the balls. This stance allows you to move quickly, should your horse move abruptly.

Here, we'll give you a TTouch you can do to build trust in your horse. (For more trust-building T Touch, see *The Joy of Riding, The Trail Rider*, March '12.) Then we'll tell you how your mind-set can affect your horse's outlook and behavior on the trail.

The powerful ability to create change can happen by using the tool of your mind. Obviously, training itself is an essential part of having a trusting, confident trail horse, but you can enhance your horse's physical and mental abilities by taking charge of your thoughts.

"One of the most important aspects of training is paying attention to the pictures you make in your mind," says Tellington-Jones.

The mental images you create have a powerful influence on your horse's actions. If you're uncertain or apprehensive, your horse senses this immediately. Likewise, if you visualize your horse proceeding smoothly along the trail or negotiating an obstacle calmly and successfully, he picks up on those mental pictures.



"Years ago I campaigned a marvelous Hungarian stallion named Hungarian Brado for Countess Margit Besseney," recalls Tellington-Jones. "He was a 6-year-old when I got him from Virginia. He was an incredible athlete and had been considered for the U.S. Jumping Team, but he simply would not jump ditches; he wouldn't even go near them.

"Three weeks after he arrived for training, I was scheduled to compete in a three-day event at Pebble Beach, California ? and Pebble Beach has lots of ditches!

"I took Brado out onto the cross-country course a few days before the competition, riding areas that weren't part of the competitive course. We were walking along and about 70 feet from a ditch, Brado stopped dead in his tracks.

"When you're riding a stallion and they stop like that, they make themselves as solid and stiff as a brick wall. I knew that this horse had been ridden by a number of really good riders who could not get him over a ditch. In spite of much effort no rider had been successful.

"I used a very different approach. The moment Brado stopped dead, instead of attempting to urge him forward, I sat absolutely still and quieted my mind completely. I held a clear mental picture of Brado moving forward. In my mind, I gave him no option to go left, no option to go right, no option to go backward.

"I sat there in the saddle, fixing my sight beyond the ditch, holding the possibility of Brado making the choice to change his mind and walk forward and jump the ditch. I must have sat there for a full five minutes. But I wasn't sitting passively; I was sitting 'actively still' and holding that possibility and vision.

"Then without any prompting from me, Brado lowered his head, walked forward, and jumped over the three-foot ditch on his own. I didn't urge him. I just sat there. And I never had him stop at a ditch again. I campaigned that stallion for five years, including earning a Tevis buckle on him.

"What I did intuitively back then was hold a 'clear intention.' This concept is now researched extensively. I simply held a mental image of the possibility of something I wanted to happen without a doubt.

"When I was sitting on Brado, I visualized my head as clear as an empty gourd, with the exception of holding this one possibility of him moving forward. There were boundaries left, right and back; the only open space was forward.

"I've used this method for years, but it takes practice. You can't think 'what if' thoughts or picture negative images. Horses tune into our 'mental pictures,' regardless of what they are.

"Choosing a positive image of what you want takes practice, but can reap miraculous benefits to help you create the perfect, safe companion on the trail."

Linda Tellington-Jones

Linda Tellington-Jones (www.ttouch.com) is internationally renowned for creating the Tellington Method a holistic system of training horses that deepens mutual trust, overrides common resistances, and strengthens the horse-human bond. Her riding style incorporates a sense of athletics, freedom, cooperation, and joy.

Tellington-Jones has completed six 100-mile Western States Trail Foundation Tevis Cup endurance rides and held a world record in endurance riding by winning the Jim Shoulders 100. She's been a member of the veterinary team for the United States Endurance Team, and a judge and competitor in North American Trail Ride Conference events.



EQUISEARCH
For People Who Love Horses

<https://www.equisearch.com/articles/build-trust-with-your-horse-using-ttouch-with-linda-tellington-jones-15744>

TTouch Tip

"The Five F's"

Mandy Pretty

"How do we cope? We all have different coping mechanisms. Some of us eat, some of us sleep, some of us shut down. No one is the same and no one has the same stress threshold and each one of us displays or copes with stress differently. Our animals are no different.

The Tellington TTouch Method has long identified 5 main coping strategies commonly used by horses, and to some extent dogs, in times of stress or anxiety. Flight, Fight, Fidget, Freeze, and Faint.

Flight is one that we are all familiar with, when faced with a stressful or fearful situation, the animal simply tries to exit the situation as quickly as possible.

Fight is another well documented instinct where the animal will respond to the situation in a confrontational manner.

Fidget is an extremely common response in domesticated animals and is probably one of the most misunderstood. This response can look like pawing, grabbing the lead line or leash, initiating play, scratching, head tossing, many behaviors that would typically be labeled as "pushy", "bored" or "happy/playful" in dogs. More often than not these are signs of mild to high anxiety. The best way to recognize this is to notice if the behavior stops as soon as you change the context. For instance, if your horse or dog all of the sudden starts displaying this type of behavior when you touch a certain part of the body but stop as soon as you stop touching them, you can almost guarantee that they were quietly displaying their concern.

Freeze also happens in dogs and horses and can be recognized too late. This will happen in horses where people may feel like their horse exploded "with no warning". In reality the horse was likely in freeze mode and essentially "checked out" trying to cope with whatever was being done or asked. They probably held their breath, had a change in respiration, may have tightened their eye or mouth, and "stood like a statue" until they hit their breaking point and could not take it any longer.

Faint is the least common of the 5 coping skills, thankfully. Faint can sometimes be seen at the track when horses are saddled quickly and tightly and the horse simply lies down. A horse who is under extreme pressure to trailer load or go through an obstacle may simply lie down and "say uncle".

Start noticing how your animal reacts in stressful situations and see how you can break down your request or exercise into smaller, easier pieces to reduce anxiety and listen to your animal's smallest indications of concern. This will allow your animal to whisper to you, rather than shout!

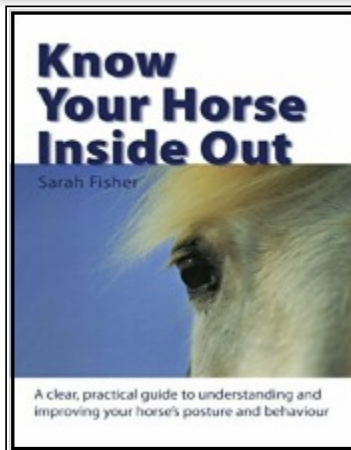


Website of the month

www.equisearch.com**EQUISEARCH**
For People Who Love Horses

EquiSearch.com works closely with magazines and sites to deliver the content horse owners care about: tips on riding and training, authoritative information on horse care, the latest horse sports and industry news, plus sweepstakes and active online forums.

Book of the month



***Know Your Horse Inside Out:
A Clear, Practical Guide to
Understanding and Improving
Posture and Behaviour***

"Know Your Horse Inside Out" shows how by understanding the way tensions and blocks affect your horse, you can take steps to improve every aspect of his life safely and effectively. Practical and hands-on, this guide will take you step-by-step through the exercises and bodywork that will allow you and your horse to break free of nagging problems and enjoy the benefits of better health and a happier relationship. With useful tips on how to help your horse stay sound, recover from an injury and how to enable him to realize his full potential "Know Your Horse Inside Out" is the essential guide for every horse owner.

Free TTouch Webinars<https://vimeo.com/ttouch>

Bits and Pieces

**Solving Horse Problems with Tellington TTouch**

Have you ever wished you could help a horse that has been labelled "difficult", "disrespectful", or that is fearful of humans?

Healed by the love of a horse:

The inspiring story of a couple who set up a refuge for abandoned racehorses - and transformed the lives of troubled children

We were feeding, grooming and exercising the horses on our farm one hectic Saturday morning when a car pulled into the yard. A woman wound down the window to talk to my husband, Michael.

'We heard that you have children here to help on Saturday mornings,' she said. 'We wondered if you would have our daughter Sophie?'

'Her father and I are very worried. She's 13 and has stopped talking — she hasn't spoken a word for two years. She likes reading books about horses and we heard about you.'

Sophie stepped out of the car. She was sullen and overweight, with baggy, ill-fitting clothes and lanky, unwashed hair. She was hunched, as if there was a heavy weight pressing down on her.

Something inside me knew exactly where to take her. 'Come with me to change the dressings on a horse called Darcy,' I told her.

Darcy Day was one of 30 or so retired racehorses we had rescued and given a home to. She had come to us in a terrible state a few days earlier, saved from a neglectful owner.

Read more: <http://www.dailymail.co.uk/femail/article-1360813/Healed-love-horse-The-inspiring-story-couple-set-refuge-abandoned-racehorses--transformed-lives-troubled-children.html>