



HORSE HARMONY NEWSLETTER

July 2013

Well it has been a while since you received a newsletter from me - May 2012 in fact! A little slack I have been on this, which is being remedied this month with a regular monthly newsletter which will keep you more updated on what I am up to, what workshops are available, up and coming new workshops and kids programs.

So, what have I been up to? The last 6 months has just flown by and has been a huge growth and learning period for me personally in my business and with my horses.

The horse world can be a changeable environment and it has taken me a little while to anchor my feet firmly on the ground knowing who I am and what I have uniquely to offer. Clients have come briefly and gone, clients have stayed, others have come back after a break, but through it all I have met some fantastic people who are truly looking to give back to their horses some of what the horse gives them; whether its in the form of releasing sore tight muscles, or to better understand how a horse thinks and acts and how to work with them to achieve what it is you would like to achieve. It dawned on me that my passion is teaching and this is where my focus will be mainly. I have since hung up my trimming apron so I can focus on Bowen & Horsemanship.

I had a fantastic opportunity to teach at the Tauranga Western Riding club day which was a huge success, being invited back. My two one day 'Working with the Horse' workshops although small numbers have been hugely successful with very happy participants coming away with more information and skills to put into practice and who are keen to return for more. In the pipe lines is a Holistic Horse clinic, so keep an eye out for this exciting development. Last week I launched a kids program called "Working with horses" which is a x2 12 week after-school program designed for kids to learn how to be with horses, how to be safe, how to bring back the fun and to develop strong bonds and relationships with their horses using horsemanship skills which will be skills that they will use throughout their life. On the horse front, I have been continuing my horse education with several clinics with Scott O'Malley which has been amazing. Mine & I have progressed hugely doing some pretty cool things including towing a log for the first time. We have put a lot of time in the saddle and it is really showing. I have also been 'practicing what I preach' by focusing a lot on body work and hoof trimming with my own horses and am really happy with the improvements in the way they move, which is showing up in way more balanced hooves and in Mine's case better performance and freedom of movement. So until next month, take care & keep warm! Tina



Tina Brandt - ESEBT, NZBTI
021 126 3407
www.horseharmony.co.nz

BOWEN CASE STUDY OF THE MONTH

I had the pleasure of helping a lovely lady and her elderly horse. I am pleased to report that after 3 sessions 1 week apart the horse has a much improved way of going and is acting like a 5 year old TB, not a 21 year old!! He is moving a lot freer and is more comfortable holding his leg up for the farrier and is generally a lot happier and softer. He is also now comfortable being ridden down hill and is softer flexing to left & right and picking his feet up.

History

21 year old TB gelding with a big career in eventing and show jumping both here in NZ and Australia. Current owner has had roughly 1 year and he came to her in a neglected state with poor feet and very under weight. The owner has done a fantastic job managing him back to health and together with her farrier have gotten his feet back into a healthier state. The main reason for the owner getting me out is that the horse had difficulties holding up a hind leg for farrier and would not weight his opposite front leg at same time. The owner was also concerned that he did not feel right ridden and wanted to ask more of him ridden but didn't feel he physically could.

Findings & Results

The horse had major tension through out his body.

By the 3rd session it was evident that it was likely some trauma happened to his off stifle-hip-pelvis-sacrum area. Due to his age it was likely a long time ago and the pain/weakness in this area has caused him to compensate with his opposite hind and then on through his back and into his shoulders which were extremely jammed - the tightness you can see in the initial picture. He had a follow up treatment a month later, then a chiropractic treatment and is currently on turn out due to the owner being away. Overall some really great improvements and look forward to continuing.



Before treatment 18 April 2013



After 3rd treatment 9 May 2013



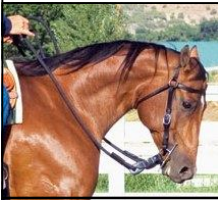
TIP OF THE MONTH

Throughout my travels I come across halters tied both ways shown above. Why is there a correct way and incorrect? If tied the incorrect way where the rope is tied back on itself its likely you will not get this untied should your horse pull back (not that we want this) and will probably have to cut it off. Tied the correct way you will get it undone with a little elbow grease! Next time your haltering your horse, check which way you tie..



TRAINING INSIGHT - SHOULDER CONTROL & SOFTNESS IN THE BRIDLE

With my learning and growth over the past 6 months, my most valuable lesson has been involved in Mine's shoulder and thanks to Scott's help I have managed to get a lot better control of her shoulder which has helped everything especially our circles, turns and hip control. I thought I had a great moving of the hindquarters, but my focus was only on the hindend and not what the front end was doing at the same time. The same with the moving the forehand although the front end was soft and responsive the hip kept falling out. A lot of what I was doing with my body language and aids were causing her to be heavy and weighted on her front end. Although a lot of what I am working with Mine is asking her using her body correctly it also highlights my responsibility that my body directly effects her ability to respond to such requests. If I have a dropped shoulder, collapsed rib cage, or over weighted hip, then she will be unable to respond correctly in using her body. Our bodies must match. Balance within her body depends on balance within my own body. I have noticed a huge change in our relationship for the better with the work with the shoulder and I personally feel particularly with Mine it is a form of 'submission' in allowing me to control her body she is giving to me mentally and emotionally. Our second area of major learning is asking for everything with a soft feel in the bridle with no leaning or bracing. Previously having done everything on a casual rein (which is important for other reasons) developing a



walk, trot, canter, stop, lateral work - basically everything; with a soft feel in the bridle (image to left) has been a work in progress and we have come a long way so far and will enjoy the progress on the journey. My motto at the moment "**Never release on a brace**". Give me a call if you need some help with either of these!



SOME CLINIC DATES NOT TO BE MISSED!

I am excited to be attending both of the following clinics and really urge you to as well! Attending clinics can be a costly exercise but think of it rather as an investment that is very worth it - especially for both of these clinicians. If you would like to invest in some pre-clinic help (especially if you are new to horsemanship) in order to get even more out of either of these clinics, give me a bell.

SCOTT O'MALLEY ROTORUA 24/25 AUGUST CLINIC

I have great pleasure in announcing a Scott O'Malley clinic being held in Rotorua 24-25 August 2013 at Lakes Ranch. A great opportunity to learn regardless of your level or discipline. Scott is based in the South Island and luckily is willing to travel to the North Island to hold clinics. A very experienced horseman who has worked with some great horsemen of the world, we are very lucky to have this caliber of horsemen available to learn from here in New Zealand.

DAVID STUART HAMILTON NOV/DEC CLINIC 2013

Scott O'Malley & Michaela are hosting David Stuart for several clinics in New Zealand later in the year. Another fantastic opportunity to learn from a very experienced horseman who has worked with some of the greats of the horsemanship world including Ray Hunt.

For more information or feel free to contact Michaela on info@scottomalley.co.nz or 027 221 1755



WORKSHOP & PROGRAM SCHEDULE

'Working with the Horse'

20th July 2013, 21st September 2013, 16th November 2013
2014 dates coming soon

A one day workshop for horsemanship ground and saddle work. Learn to move your horses body on the ground easily, which then translates in the saddle. Learn to create a respectful, confident, calm & fluid horse all with softness. Fun & Supportive environment. For any level and relevant for any discipline.

May 2013 clinic "very supportive environment, great to have a few things pointed out to be aware of. Lots of growth and learning and continue from here for sure!"

June 2013 clinic " Hi Tina, Thank you so much for today, I had a blast and learnt loads to go on with. It was a good day!"



'Working with Horses'

12 week kids after-school horsemanship program
'Its starts on the ground' Level 1 - 15th July 2013
'Working in the saddle' Level 2 - 8th October 2013



These are designed to give kids a good basic foundation with either their horse or one of my horses (no extra charge) to keep them safe and to start having some fun with their mount. I specialise and love teaching kids with horses. What they learn, they will keep with them right throughout their life and can apply to any and every horse that will come into their life. Not only do they learn a lot about their horse and the make up of a horse, but they will learn so much about themselves.

Feedback from one of my young students Lucy:

"I would also like to say a big THANK YOU for all you taught me during those two years I was privileged to work with you and your horses. The foundation for all my horse training savvy was actually formed during those two years under your training. I have found all that knowledge invaluable over the past couple of years, as I have worked with all types and temperaments of horses. You taught me a lot, and I would like to say thank you very much."

Holistic Horse Clinic - 2 day weekend clinic - COMING SOON!!!!!!

My sincere apologies to anyone interested in the Garrocha & W/E clinic previously advertised this will not be going ahead. However all is not lost....watch this space!



EQUINE BOWEN THERAPY - ROTORUA LOCALS

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Bowen is an effective gentle soft tissue therapy that can help with many issues including sore backs, necks & shoulders, performance & behavioral problems, post injury, accident & trauma, lameness issues and a host of other things



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