

OrthoHorse© Newsletter

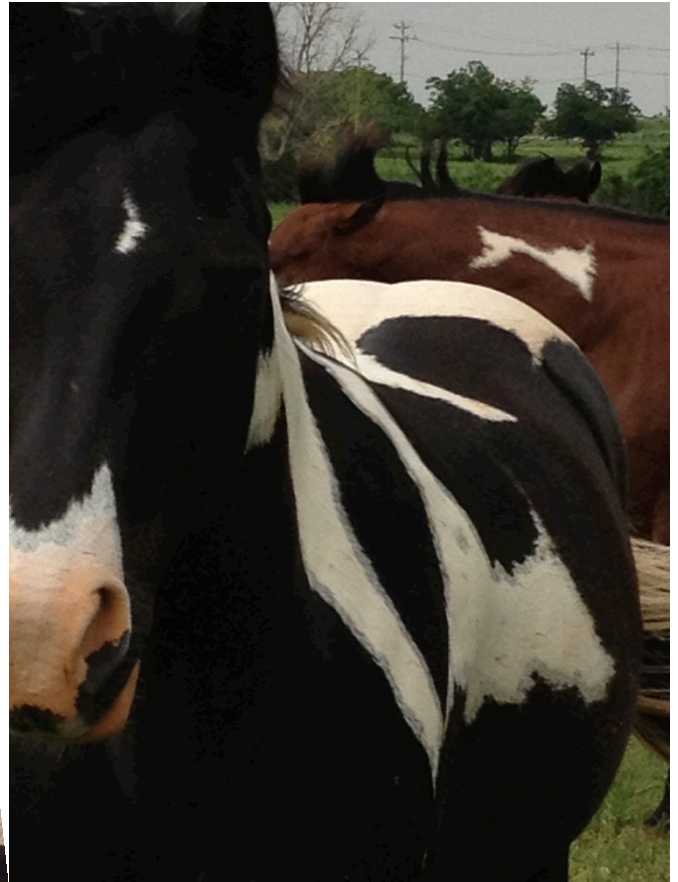
Newsletter about Ortho-Bionomy® - bodywork & related topics on natural horse care and horsemanship for equines and humans

Issue 8

April/May 2012

"When we force contradiction in healing, we can't really create alignment with the self." - Dr. Arthur Lincoln Pauls, founder of Ortho-Bionomy

This newsletter is published six times a year, usually encompassing two months. In April I conducted the first of my liberty horse work clinics under the name Horses at Liberty Foundation Training, a half-day clinic where 11 participants worked with horses they brought or we had available at



the clinic. We brought the horses through some of the Waterhole Rituals – a series of rituals that are part of the Carolyn Resnick Method® of Horsemanship. The Method is based on horse

language that Carolyn has decoded in her unique way as a result of spending a lot of her childhood with wild horses. We can see them interact using energy, voice, gesture, eye contact, and movement -- the language of horses.

Studying horse language helps to further my knowledge and create a true energetic connection with horses—and helps others do the same.

I think this work intersects on an energetic level with Ortho-Bionomy, as Ortho-Bionomy was designed for people. If we are to practice this on horses, then understanding their language is essential.

Also on the agenda was a demo I conducted for the Horseman's Association meeting where I demonstrated Ortho-Bionomy session for a person, focusing on the lower back.

Another highlight of this month was assisting with Zarna Carter's Fusion for Horse & Rider Clinic.

I traveled to Oklahoma to work at Spirit Horse Ranch and neighboring ranches, making new horse and human friends.

As I say in each issue, for those not yet familiar with Ortho-Bionomy®, it is a form of bodywork based on structure derived from osteopathy, that works with and relies on the body's self-corrective capacity. It is not a replacement for veterinary or medical care, but can complement it.

My videos will give you a glimpse of what demos look like. See videos by searching for OrthoHorse® on YouTube or go to my website – www.orthohorse.info If you are interested you can subscribe to receive notices when one has been posted.

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Fusion for Horse and Rider Clinic Review - by Mary Ann Menetrey

The clinic, presented by Zarna Carter at Arrowhead Ranch in Santa Fe, NM, was a great success and a remarkable experience for participants to learn about the practice and philosophy of Equine Positional Release (EPR) and Ortho-Bionomy. The clinic was held April 14-15 and was a full house with participants from New Mexico, Oregon, Colorado and Nebraska. Participants brought their own horses and had the opportunity to work with horses provided by the EPR Stock Contractor,

Karen Hardy of Santa Fe Stables. Ortho-Bionomy is an effective, Osteopathically-based form of body work that is based on the concepts of preferred posture and comfortable positioning moving away from pain, which enables the body's own self-corrective and recuperative abilities to come into play. Gentle, non-manipulative contact, body positioning, and joint compression is utilized to mobilize joints, release tension and compensation patterns, and help in the repair of injuries. Zarna developed EPR through adaption of Ortho-Bionomy to suit the needs of horses and horse-human relationships. EPR and Ortho-Bionomy work with the nervous system using a natural reflex found in muscles, joints, tendons and ligaments, improving balance, coordination and structural integrity. Over the course of the weekend students learned numerous techniques for both horse and rider focused on stimulating this natural reflex and promoting self-correction by touch, movement and body position. These techniques aid body awareness, body ease and positioning to benefit posture and contact with the horse under saddle, and self-carriage of the horse and rider. Positive changes in both horse and human participants were noted throughout the weekend, including shoulders, necks and spines of both horse and human participants moving more freely, and riders gaining a balanced, fluid seat. Zarna Carter is an internationally acclaimed instructor of EPR and Ortho-Bionomy, and is founder of the Equine Positional Release Institute based at Zuma Creek Station near Wilmington, South Australia. We are extremely fortunate to have her in the United States, and here in Santa Fe, through June of this year. Zarna will be holding an EPR II class geared toward working on horses June 2-3. For more information about Zarna and EPR see www.eprortho.com.

"We did work on horses & saw immediate changes in muscle tone, bone alignment & the horses' comfort, dropped heads, loose bottom lips, big sighs of relief. We did a bit more after saddles were on & then again with a rider mounted & it was amazing." -- Christina Savitsky



Horses at Liberty Foundation Training – Inaugural Clinic

This was the inaugural clinic of Liberty training presented by me with my new company, Horses at Liberty Foundation Training. A group of 11 participants learned some of the Carolyn Resnick's Waterhole Rituals, which are

the foundation of her training method.

This course provides fundamentals on how to work with a horse at liberty, with an introduction to the energy to develop for that work. You can learn to connect, train and lead a horse at liberty. We are using a form of the rituals developed by Carolyn Resnick based on her study of wild horse behavior – rituals horses use to develop their attachments to one another, remain safe and maintain community responsibility.

Why do we want to work at liberty?

- To develop a leadership role
- Gain a magnetic connection
- Deepen the bond
- Allow horse to connect on his or her terms
- Allow a horse to return to his true nature that then allows him to grow his potential
- By providing a horse freedom to choose our leadership, we open the way to a more lasting and dependable partnership.



How is this method different from traditional Natural Horsemanship?

All successful horsemanship recognizes the need for people to be leaders with horses. The shape this takes differs with different techniques.

Most Natural Horsemanship techniques came out of an era when cowboys had to break 10 colts a day, so there was a lot of pressure on performance. All our current day notions of natural horsemanship come out of this era and this way of thinking. Although

“natural horsemanship” may be a lot better than snubbing a horse to a fence post and riding out bucks, it still doesn’t give the horse a lot of choices. Natural horsemen have in general taught more humane horsemanship, but most of us are still left looking for a missing piece.

The difference between that method and the Carolyn Resnick Method is that with the Carolyn Resnick Method the horse gets to choose your leadership.

We had five horses to work with at the clinic and each one showed strengths in certain areas. One lovely gelding, Bentley, was very frightened and it became apparent that he really wanted to stop running around and connect with someone – be it horse or human. Once I made the initial introduction, he quieted and went directly through to companion walking to this owner, which is where the horse and person walk together, a magnetic bond connecting them –without tack.



The strength of that bond varies with each horse and person team. A lead horse very often will have a stronger magnetic connection than a submissive or shy, or even a dominant horse.

Almost everyone who brought a horse had already established a bond with their horse so that the horses were very open to working with the Waterhole

Rituals. What we are doing with the Rituals is bringing ourselves into the herd in a more important way, deepening the bond, while allowing freedom in the relationship, so that horses want to choose our leadership. By working without tack we allow the horse more self-expression and to choose a relationship that works for them as well as us.

We also want that relationship to be cooperative so we encourage cooperative behaviors in horses. We do not shove them physically, we use gestures that mimic those other horses would use and mostly move our horses energetically as they would be moved by a herd member. This way there is less likelihood of creating areas of resistance in the horse.

Those interested can sign up for Carolyn's free blog at carolynresnickblog.com and also join her online Waterhole Rituals courses. Robin Gates, a Carolyn Resnick certified instructor, will be in Santa Fe in September. Carolyn Resnick herself will be conducting a two-day clinic on Waterhole Rituals near Oklahoma City in October. If you are interested in doing a tutorial, contact me. I will be offering this clinic again June 9 for new and continuing students.

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Spirit Horse Ranch

A visit to Spirit Horse Ranch near Oklahoma City in April introduced me to this pretty, shy Welsh pony, Starwyn. Her owner, Ruella Yates, a Carolyn Resnick Certified Trainer, was delighted with the progress Starwyn made during the time I and other visitors were there.

“Magical moment with my sweet Starwyn and Susan Smith last weekend...We felt bursts of joy from my shy pony as she becomes courageous and powerful through the Waterhole Rituals,” said Ruella.

This little mare decided she wanted to do Waterhole Rituals with both of us. Afterwards she walked boldly, mirroring Ruella’s self confident walk. In addition, she had watched her stablemates and visiting horses receive bodywork and then decided she wanted to receive it too, and knew exactly how she wanted it done – all along her spine.

Becoming part of the herd lets horses know they can come to us for what they need. The herd is a supportive organism that nourishes horses and provides a healing environment.

Ortho-Bionomy for Repetitive Stress

People often think that repetitive stress injuries are solely brought on by working at the computer, scanning items at a grocery store, lifting hay bales or other work related activities where they are using joints or muscles repetitively.

Riding also has its share of repetitive stress, because we use the same muscles and joints to ride. Posting in the saddle uses the entire leg into the pelvis, up into the lower thoracics, over and over again. The endurance rider who spends many miles posting in the saddle at an extended trot can feel this by the end of day, anywhere along the spine, pelvis and into the shoulders and neck, depending upon how they ride and how well-behaved their horse is during the

ride. During a long ride like that I've found it helpful to do some yoga stretches or small Ortho-Bionomy movements at vet-checks, helping to rewire me for the miles ahead.

Horse and rider integration is very helpful for identifying problem areas in both rider and horse, and using the self-corrective responses in both to effect a positive change and connection.

Sometimes clients are causing repetitive stress and they don't know it. I had one client recently whose back was very painful and had been that way for a long time. It turned out she carried a very heavy purse – full of big things, which pulled on her shoulder and in turn it affected the opposite hip and sacroiliac joint. Another client had been wearing very baggy jeans which dragged on her hips and caused her hip and back pain.

Ortho-Bionomy is useful for addressing repetitive stress injuries, whether from horse-back riding, sitting in the car, sports, or work. Getting treatment for this type of injury can diminish symptoms, and in some cases allow clients to avoid surgeries such as for carpal tunnel syndrome, rotator cuff, frozen shoulder, to name a few.

After treatment, opportunities to “cross train” will also give the body new information that will help it not get stuck in a pattern of re-injury. Activities such as dancing (Nia is great), yoga, tai chi, swimming all provide gentle exercise that can allow the body to use itself in ways that relieve it from entering repetitive patterns.

Links

[Mystery of horse taming 'solved' by gene study](#) BBC News

[Santa Fe PK](#) Philippe Karl in Santa Fe

[Performance Dentistry by Allen D. Landes, DVM](#)

Reading List

The Eighty-Dollar Champion – Snowman, the Horse that Inspired a Nation, by Elizabeth Letts

Way of the Horse, Linda Kohanov

Gift Certificates

All occasion Gift Certificates for Ortho-Bionomy for humans & equines available Paypal welcome! For all those horseback rider loved ones out there, here's a Gift Certificate design just for you!



Calendar

May

12 – 13 Lucille Bump Clinic – Centered Riding outdoor NNMHA arena (at the SF Rodeo Grounds) \$300 for up to 9 riders \$250 for 10-15 riders. Auditors are WELCOME \$30/day or \$45 for the weekend, there will be a portion of unmounted work each day that you are welcome to join in, so you will get a lot out of just auditing! contact Christina Savitsky to secure a place. christina@buckaroobalance.com.

June

2-3 EPR/EO II Presented by Zarna Carter International EPR & Ortho-Bionomy Instructor, Equine Positional Release Institute, 9 a.m. – 5 p.m. Santa Fe

4-8 Yoga and Horsemanship Retreat presented by Buckaroo Balance, contact Christina Savitsky to secure a place. christina@buckaroobalance.com,

9 – Liberty Training Clinic – Waterhole Rituals presented by Susan Smith, Horses at Liberty, NNMHA Arena, Santa Fe, for new and returning students. Contact 505-983-2128, 505-501-2478 or susansmith@orthohorse.info to register.

On Thursdays at 4:30 p.m., May 24, 31 and June 7th, StudioNia Santa Fe is offering **“Nia for Equestrians”** taught by Randee Fox. Come join in the fun while it lasts! <http://www.randeefox.com> **September**

7-9 Robin Gates Liberty Training Clinic presented by For the Heart of the Horse, Santa Fe – For details and registration go to <http://www.forthetheheartofthehorse.com/>



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For more information on Ortho-Bionomy® or Liberty Training, demos, events, private sessions and tutorials, see www.orthohorse.info
Facebook pages: OrthoHorse, Horses at Liberty

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