

## **OrthoHorse© Newsletter**

*Newsletter about Ortho-Bionomy®, Equine Positional Release (EPR)® - bodywork & related topics on natural horse care and horsemanship for equines and humans*

**Issue 9**

**June/July 2012**



"In the beginning of all things, wisdom and knowledge were with the animals, for...Tirawa, the One Above, did not speak directly to man. He sent certain animals to tell men that he showed himself through the beast, and that from them, and from the stars and the sun and moon should man learn.. all things tell of Tirawa."

-Eagle Chief Pawnee

*In June I conducted the second of my liberty horse work clinics under the name Horses at Liberty Foundation Training, a half-day clinic where 13 participants worked with six horses. 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.*

*Other highlights were attending Zarna Carter's EPR II course in Santa Fe and Andrea Pabel Deane's Tteam course at her ranch, Pecos Valley Arabians, in Ribera.*

*As I say in each issue, for those not yet familiar with Ortho-Bionomy®, it is a non-force 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.*

*Check out my new blog <http://www.horsesatliberty.wordpress.com/>*

*My videos will give you a glimpse of recent work. See videos by searching for OrthoHorse® on YouTube or go to my website – [www.orthohorse.info](http://www.orthohorse.info)  
You can subscribe to receive notices when one has been posted.*



## **EPR II Clinic**

The clinic, entitled “*Movement, Suspension and Reflexive Response*,” presented by Zarna Carter at Rancho Mariposa in Santa Fe, NM June 2nd and 3rd, was a great success. Ranch horses were used with one or two participant horses coming in for a day. This was a great opportunity for participants to learn about the practice and philosophy of Equine Positional Release (EPR), a horse-focused modality based on Ortho-Bionomy. Ortho-Bionomy is an Osteopathically-based 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 engage. “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 by adapting 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 to recognize signs of pain in the horse as well as how to address it with EPR techniques. Numerous techniques for the horse focused on stimulating the self-correcting reflex by touch, movement

and body position. In the course, people learn how to observe, assess and apply position release techniques with specific conditions.

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. For more information about Zarna and EPR see [www.eprortho.com](http://www.eprortho.com).

The EPR Institute will be offering tutorials and a fall study group, for EPR Students, with Susan Smith and Mary Ann Menetrey. Mary Ann Menetrey is an EPR Practitioner and Susan Smith an Ortho-Bionomy Instructor Trainee who have both spent time doing some intensive work over the summer with Zarna in preparation for the tutorial and study group offerings.

Tutorials are a one on one opportunity to go over particular things in a session with a horse, which you may want to be clarified, to be seen again or to discuss with Mary Ann or Susan.

Study groups are a 2 hour block in which questions are answered and new information is presented, i.e. going into more details about specific techniques, assessment exercises, how to write up case notes, how to explain EPR to clients, horse people, etc.





## **Horses at Liberty Foundation Training – Clinic II**

On June 9, I held the second clinic of liberty training, presented by me with my new company, Horses at Liberty Foundation Training. A group of 13 participants learned some of the Carolyn Resnick's Waterhole Rituals, which are the foundation of her training method.

As a recap, 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.

If I was to give a theme to each one of these clinics, the first one would be entitled "Getting to Know You." The second one would be entitled "Grounding." What many people experienced in this clinic was a grounding process, really getting grounded in order to get the horse grounded. We have been holding these events in an arena that is really too big and so have to cordon off a portion of the arena. The footing is also very inviting for rolling and running around. In order to ground horses after they see how much fun this arena is, it's important to feel that grounding in our own bodies. In the beginning of the clinic I took participants through some grounding activities, and while they were working with their horses, reminded them of their own energy, which would ultimately influence their energetic connection with their horses. We had six horses to work with, some returning students and some new ones.



Those horses who have a relationship built upon using tack may take longer to recognize the Waterhole Rituals are for them, that we are speaking their language. As one student said, “some horses have never been asked what they might like to do.” Some become very excited, some take longer to engage. Where ever your horse is in the process, it is exciting because there is so much for both to learn. All horses can benefit and make important shifts for the better.



*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.

It was heartening to see that some of the horse/owner teams from the first clinic had been working on the Waterhole Rituals on their own. For any student, the first ritual, Sharing Territory, is most important because it establishes the student as a herd member. From there we build the other rituals.

Horse/owner teams that have good bonds may be missing a fundamental piece, such as working without tack. A horse may be very willing to work for you when he has tack on, but feel it's unnecessary to have a connection when at liberty. In this case, we need to start at the very beginning, with lots of shared territory to build a stronger, deeper bond. We want the horse to be free to want to be with us,

not compliant just because we are holding the lead line. We are seeking “magnetic connection,” not simply obedience or good behavior.



This magnetic connection is the basis for a joyful, heartfelt experience with horses, and can bring gifts of performance that you might not ever expect.

Those interested can sign up for Carolyn’s free blog at [carolynresnickblog.com](http://carolynresnickblog.com) and also join her online Waterhole Rituals courses. 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 once the threat of vesicular stomatitis is past in the Santa Fe/Albuquerque area. In the meantime, private sessions with me are available.

"Apache and I both enjoyed ourselves today at the Susan Smith clinic up in Santa Fe with our friends Bailey and Kendra Sickels Chavez. I learned so much from observing the other horses’ behavior and from Susan Smith's instruction. And I appreciated being able to learn from my own horse, Apache, too. It felt like a door of communication, trust and understanding was opened today for my own horse and I to walk through and begin our own journey of the Waterhole Rituals by Carolyn Resnick." - Lisa Westfall

"Once we have formed a deep cross species bond with a horse, it will be deeper than the one we can share within our own species..." - Carolyn Resnick





Equine Ortho-  
Bionomy +  
Liberty  
Training  
combine the  
body's self-  
corrective  
language with  
the language  
of the herd.  
They are a  
winning  
combination  
for keeping  
your equine  
athlete  
healthy and  
in "magnetic  
connection"

with you. Contact me today to schedule an assessment that will cover these two  
approaches in one - [susansmith@orthohorse.info](mailto:susansmith@orthohorse.info)

## **Ortho-Bionomy for Pain Management**

Pain is something we all experience from time to time in varying degrees, but I wanted to address this topic from an Ortho-Bionomy perspective to clarify a path of healing that can help with pain, whether acute or chronic.

The way Ortho-Bionomy works is that it works on the central nervous system, inviting the body to self-correct, which is something the body has the ability to do inherently. Trauma, caused by accident, shock or grief, can keep the body in a non-self-corrective state so that it needs some help to get out of that state. That's where Ortho-Bionomy comes in. With its gentle invitation, it begins to unravel the trauma pattern that can sometimes be quite complex.

One client who had had a horse accident recently came to my office barely able to get on the table. Sleep was difficult because to move to a different position was agonizing. After a session she reported she got the first good night's sleep in a couple of weeks. She came to my office three days later and I couldn't believe how well she was walking, and she got on my table without any help at all.

After the second session she reported that she was able to go a day without painkillers. The first session unraveled an enormous amount of trauma built up as a result of the impact, the hospital, medications, etc. Once that was largely out of the way, the body could relax a bit more and sleep, allowing more healing to take place. Five weeks later, she is riding and off painkillers altogether.

One thing that has to be taken into account is the type of work the person does - if they sit at a desk all day, lift heavy objects, or have to stand or do repetitive tasks. Most jobs require some effort that isn't necessarily helping the healing process, so it is good if you can get some time off or minimize the damaging activity so that reinjury doesn't occur.

Another piece of the puzzle is that while Ortho-Bionomy is helping the self-corrective mechanism to kick in and help the healing, it is also rebalancing the system. Many times people suffer a traumatic injury and get back on their horse four to six weeks later, only to get injured again. By supporting the balance in the system with Ortho-Bionomy, the person gets in better touch with their body, and this re-injury cycle is less likely to occur. It is also better for the horse to carry a balanced rider! Ortho-Bionomy can also be done on horseback, integrating horse and rider.

At the beginning, after a traumatic event, it's really helpful to receive frequent sessions and then the sessions will become less frequent as more health is achieved. The body at that point will continue its self-correction on its own and requires less outside support.

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## **TTeam Clinic in Ribera**



In June, Andrea Deane (Pabel) conducted a Tteam clinic at her ranch Pecos Valley Arabians, where she breeds, trains and sells Russian Arabians.

Participants were treated to learning the work on her beautiful horses – first an introduction to the bodywork principles of TTeam, which was developed by Linda Tellington Jones from her study of the Feldenkrais bodywork method for humans. Linda devised touches that could be used on horses and extended that to use on various other animals, including cold

blooded creatures like pythons.

Andrea has had over 20 years experience teaching and training this method, which also includes training horses. The training method involves various tools, including a wand, horses on a halter rope, asking them to go through a labyrinth and other obstacles, all to develop better body awareness and open neurological pathways.

## **Links**

[How to recognize ulcer symptoms in your horse, by Dr. Mark DePaolo, DVM](#)

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

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## Reading List

*Learn How to Talk to Animals – A Practical Guide for a Magical Journey*, by Leta Worthington, available both as an e-book and in print.

*Earthing*, by Clinton Ober, Stephen T. Sinatra, M.D., Martin Zucker

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## 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!



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## Calendar

### August

**18 Leslie Hammel Turk – demo - finished bridle horse.** Presented by Northern New Mexico Horseman's Association. Check out Leslie's website: [www.icnh.info/home](http://www.icnh.info/home).

**26 “Trauma Across Universes,”** talk offered by Lee Cartwright, Southwestern College, Santa Fe. To register, contact 471-5756

### 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/>

## October

**6-7 Carolyn Resnick Liberty Horsemanship Clinic, Oklahoma City, Oklahoma “Waterhole Rituals.”** (private lessons 8-9). Spots available. Learn from Carolyn herself – an unforgettable experience.

To register email Ruella Yates at [ruella@libertyfoundations.com](mailto:ruella@libertyfoundations.com) For more information see Ruella’s website: <http://www.libertyfoundations.com>

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For more information on Ortho-Bionomy® or Liberty Training, demos, events, private sessions and tutorials, see [www.orthohorse.info](http://www.orthohorse.info)  
Facebook pages: OrthoHorse, Horses at Liberty  
Blog: <http://www.horsesatliberty.wordpress.com/>

Susan Smith  
Advanced Registered Practitioner – Ortho-Bionomy®  
*Equine Ortho-Bionomy®*  
*Reflex Balancing*  
*Horse & Rider Integration*  
*Horses at Liberty Foundation Training®*  
505.983.2128  
505.501.2478 (mobile)  
[susith@aol.com](mailto:susith@aol.com)  
[susansmith@orthohorse.info](mailto:susansmith@orthohorse.info)



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