

# TTOUCH For Horses Workshop Curriculum

Join us in Petaluma, CA for a fun, hands-on, Summer long exploration of TTouch's bodywork and groundwork techniques and tools!



*Small group, personalized attention:*

*\*Learn how to overcome challenges with your horse's behavior or performance*

*\*Build on your skills, learn at your own pace*

*\*Course credits available for those interested in becoming TTouch Practitioners*

Contact Organizer Kathleen Aspenns  
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# TTouch For Horses

## Workshop Curriculum

### What is TTouch?

The **Tellington TTouch Method** is comprised of a combination of four components (TTouch bodywork, Playground for Higher Learning Ground Exercises, Tools, Riding with Awareness) and is based on two guiding maxims:

"Change the Posture: Change Your Horse" and "Change Your Mind & Change Your Horse"

It is a training approach that encourages optimal performance and well-being, based on the understanding that behavioral issues are often caused by pain, soreness, fear or tension in the body.

This low-stress, logical method of dealing with horses seeks to take horses beyond instinctual reflexes and teach horses how to think and act rather than react to stimuli. Its aim is to help horses become more focused, confident, trusting and willing without fear or force.

**TTouch** uses a light touch exploration to find areas in a horse's body that indicate tension, fear of contact, soreness or discomfort. Specific touches and movements are applied to the

horse's body to help release muscle tension, ease discomfort, and improve posture which leads to better mobility and performance.

The foundation of the TTouch Method is based on the circle and 1/4, a circular movement of the fingers and hands performed with the intent is to activate the function of the cells and awaken cellular intelligence.

The **Playground for Higher Learning** enables horses to override habitual patterns of posture and movement and to learn without fear or force. Changing postural patterns through movement helps retain the effectiveness of bodywork as well as change behavioral patterns associated with pain or tension. Ground work exercises in the "Playground for Higher Learning", use a variety of obstacles (including labyrinth, ground poles and plastic) to help improve self-control, focus, self-confidence, cooperation, balance and coordination. Several unique ways of leading a horse provide opportunities for both horse and rider to increase their teamwork, balance and coordination which can then be transferred to work under saddle.

Riders can also use **Tools and Techniques** such as the Balance Rein, Liberty Ring, Promise Wrap, Lindell (a bitless bridle), Line Driving and more to physically help improve their horses proprioception, physical connection and awareness on the ground and under saddle.

With Tellington TTouch training, horses often demonstrate marked improvement in athletic skills and increased willingness and ability to perform. Not only does the horse benefit, but a deeper rapport grows between horse and rider because of better understanding, more effective communication and cellular harmony.

### Who Uses TTouch?

The Tellington TTouch Method is used by many world renowned trainers and riders including Klaus Balkenhol (Olympic Dressage Rider); Frederic Pignon (Rider/Trainer of Cavalia); Ingrid Kilmke (Olympic 3-Day Rider/Trainer); Anne Kursinski (US Show Jumper); and Becky Hart (World Champion Endurance rider) and more.

Anyone who shares their life with animals can use the Tellington Method.

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### What will you learn?

This hands-on course is designed to help you learn the Tellington TTouch Method step by step in a fun and supportive environment. It is ideal for new students or returning students looking to refresh their skills.

To help you gain confidence and experience we will have a variety of horses of different ages and levels of training to practice with. You can also arrange with the instructor to bring your own horse to alternate sessions.

In each session, you will learn new skills in both **bodywork** and **groundwork**. These techniques will be presented in an easy to learn manner, with opportunity to practice and refine your technique during class. Consecutive sessions will build on your base of knowledge, and help you integrate different elements of the Method to creatively solve any performance or behavior challenge.

### Session One

*The elements of TTouch*

- \* An introduction to the philosophy of TTouch and the basic principles of the work
- \* The TTouch circle and how to use it
- \* How to do Clouded and Lying Leopard, Abalone,

Raccoon, Chimp TTouch and more

- \* How to introduce TTouch to the horse

*Groundwork*

- \* The Labyrinth, how to use it and why
- \* Basic leading positions  
Elegant Elephant and Homing Pigeon

### Session Two

*Calming the nervous or head shy horse*

- \* TTouches to build trust
- \* Earwork
- \* Mouthwork
- \* Hair slides
- \* Body Wraps - the Figure 8 and Bridge Wrap

*Groundwork*

- \* Leading positions Grace of the Cheetah and Dolphin
- \* Leading under wands, between hay bales and under plastic

### Session Three

*Improving balance and movement*

- \* Leg circles to release tension and improve range of motion
- \* TTouch on the legs to enhance proprioception and sure-footedness
- \* Bodywraps to bring awareness and connection

*Groundwork*

- \* Leading positions Dingo and Cuing the Camel
- \* The Cha Cha exercise to teach balance and backing
- \* Work with plastic and the platform to learn

confidence over new terrain

### Session Four

*Releasing tension in the neck and back to enhance the horse's ability to bend*

- \* TTouch for the neck - Inchworm, Neck Rocking, Neck Release
  - \* Lick of the Cow's Tongue and Back Lifts
  - \* Belly Lifts
  - \* Zig Zags
- Groundwork*
- \* The Challenge Rope
  - \* Chest Driving
  - \* The Star and Pick Up Sticks

### Session Five

*Connecting the Hindquarters*

- \* Rib Release
- \* Pelvic Tilt
- \* Tail Work, Circles, Pearling and Pull
- \* TTouches Jellyfish Jiggle and Tarantula Pulling the Plow

*Groundwork*

- \* Ground Driving

### Session Six

*Putting It All Together*

- \* Review and refinements of the TTouches
  - \* Advanced Body Wrap techniques
- Groundwork*
- \* Learning transitions between leading positions
  - \* Alternative Playground challenges - how to be creative with what you have on hand.

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## Your Teacher: Kathleen Aspenns

**Kathleen** has trained extensively with Linda Tellington-Jones, and is a Level 2 certified Tellington TTouch Method certified instructor. She regularly assists Linda during her clinics in the USA and Hawaii and has for several years. Kathleen says: " I love sharing this Method with my clients and seeing them and their horses progress and most of all, have fun together! No stressful or harsh methods are ever used, and the safety and concerns of horse AND person are always addressed." You can learn more about her by visiting her website: [kathleenaspenns.com/](http://kathleenaspenns.com/)



*It's my pleasure to write a letter of recommendation for Kathleen. She has assisted me with teaching at the Bitterroot Ranch in Wyoming, in California and Texas and several times in Hawaii. She is a joy to work with and is a very experienced horsewoman, dedicated to teaching with creativity, clarity and passion, and at the same time keeping her students safe and inspired. You will enjoy working with her.*

Linda Tellington- Jones

**Class Dates 2014:** Class size is limited to 10 participants.

**SUNDAYS:** July 27th, August 17th, September 7th, September 21st, October 12th, November 2nd, 2014

**TIME:** 9:30am to 4pm

**FEE:** Tuition is \$570, with \$150 supplement for those wishing to receive education credits from Tellington TTouch Training toward their practitioner certification.

Discount for early registration is 15% for payment in full, \$485 before July 1st (discount not applicable to TTouch education credits).

### Cancellation Policy

No fee for cancellation before July 15, 2014. No refunds will be issued after the course has begun.

**To Register please contact Kathleen at [kathleen@kathleenaspenns.com](mailto:kathleen@kathleenaspenns.com) or 707 431-0482**