

Clinic Information Sheet

Clinic Name: The Tellington Method (All levels)
Instructor: Robyn Hood, International Instructor
Dates: 30 November – 3 December, 2019
Location: [Penrose, NSW](#)
Cost: 4 days - Earlybird \$695
3 days - Earlybird \$585

What is the Tellington Method

The Tellington Method® started with horses in 1975. It was developed by Linda Tellington Jones who was studying with Moshe Feldenkrais, founder of the Feldenkrais Method. Linda combined this knowledge with her existing skills in classical riding to develop the Tellington Method. Robyn Hood, Linda's younger sister, has been instrumental in the development and promotion of the method. The Tellington Method has also been known as TTeam® (Tellington Touch Equine Awareness Method) and TTouch® over the years. It is now available in over 30 countries across the world and has been modified for use with companion animals, zoo or wild animals and even people. There are over 1600 practitioners on 6 continents worldwide assisting individuals and small groups in learning the Tellington Method.

This Method, based on co-operation and respect, offers a positive approach to training. It can improve performance, health and presents solutions to common behavioural and physical problems. It also helps establish a deeper rapport between humans and animals through increased understanding and more effective communication. The Tellington Method is a gentle, non-invasive, easy to learn and effective way of working with animals and people. It is founded on in mutual respect and comprises of

- Bodywork
- Groundwork
- Ridden work
- Communication

It improves a horse's balance, spatial and body awareness, it can reverse postural habits, increase trust and confidence. It works through nervous system by bringing awareness to different parts of the body, helping change posture and function in a holistic way, combining mind and body. It helps horses learn in non-threatening way through non-familiar touches and exercises. The non-familiarity of the work is key to its success. The nervous system takes note of the non-habitual movement to change postural habits that might be causing pain, lack of function etc.

In the Tellington Method the horse can have an "opinion", we listen and adapt where necessary, but it also gives you the tools to be assertive when necessary. All work is done slowly. Movements done quickly easily fall into habit. Movements are done slowly can help break habits and lays down new neural pathways. It is different to Natural Horsemanship methods which are based on continuous asking and increasing the pressure until you get the response you want, no matter how long it takes. Sessions can go for a long time.

In the Tellington Method if horse doesn't understand or can't do what we are asking. We chunk it down into smaller or easier parts, so they can. It is important to set them up to succeed rather than fail. Sessions are normally shorter (even as little as 5 minutes) with space/time to process the information afterwards. These pauses are essential for all the components of TTeam. There are pauses during and between bodywork movements and time is allowed to process in the groundwork and ridden work. We don't just keep asking, we ask then wait. The horse can therefore learn without fear and this means that the learning is longer lasting and complete. It has been proven that pain, fear or fear of pain can

produce excess cortisol and therefore block learning. It is not specific to any discipline and is compatible with all types of riding/driving. It supports conventional veterinarian treatments or complementary therapies and is used by vets worldwide. It is perfect for rehabilitation after injury.

Description:

This is an Intermediate Level 4 day Clinic is suitable for people who have done Tellington work before. It is a great way enhance or refresh your skills in the Tellington Method. You will develop a deeper relationship with your horse and help them to be more confident, balanced and body aware. The Tellington Method is great for improving proprioception and straightness. It is used by inspiring horse people like Frederic Pignon and top level riders such as Ingrid Klimke to help teach balance and spatial awareness. This helps a horse be more biomechanically functional when ridden, improving comfort, wellbeing and therefore performance. It is extremely useful for rehabilitation, complementing training at any level, developing young horses, rectifying non useful postural habits and helping horses with behavioural issues. We will cover bodywork and groundwork including body wrapping in this clinic. There is a possibility of a riding component depending on the group. This is a very gentle and effective way of being with your horse. It does not matter what discipline you are interested in; this works for all.

Instructor:

This clinic is led by international Instructor, Robyn Hood. Robyn teaches all over the world and has extensive experience with all types of horses and is a Master in her field. Robyn has a wealth of knowledge and is a lifetime learner. She is an energetic and insightful teacher and it is her passion to help people and animals through this amazing Method. Each clinic is moulded to suit to the horses and people in attendance. Robyn will be assisted by Rebecca Booth, Level 3 Equine Practitioner from Elementals Equine Therapies.

Venue:

Parbery Performance Horses is a brilliant venue with an Olympic sized Indoor arena and safe post and rail yards for your horse. Yards are \$22 per night. Please book directly with Mel on 0412 965 139

Accommodation:

There is share accommodation available on site, 2 bedrooms for \$80 per room. Please book directly with Mel on 0412 965 139. There are several other accommodation options locally.

Pricing:

A deposit of \$150 is required to hold your place. The Earlybird special expires 30 September, 2019. Full pricing is 4 Days - \$795 & 3 Days - \$660

Cancellation Policy: For cancellations made prior to 30 days before the clinic a refund will be given minus a \$75.00 administration fee. No refunds are possible for cancellations after that date but payment may be credited to another training (if available) or your place transferred to another participant. Deposits are not refundable for participants who do not show up

Auditors:

Auditor numbers will be limited to 10. Cost is \$30 per day for 1 or 2 days, and \$15 per day for 3 or 4 days. It will be necessary to book in advance and pay 50% of the fee to hold the spot.

Still have questions?

Please request further information by emailing clinics@elementals.com.au or sending a message Elementals Equine Therapies on Facebook <https://www.facebook.com/ElementalsEquineTherapies/>

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Book online at <https://www.elementals.com.au/upcoming-events>