

EQUINE TOUCH—HELPING HORSES BY EDUCATING HUMANS

MONDAY 4TH MAY 2020

HOLIDAY INN PEARTREE ROUNDABOUT, OXFORD OX2 8JD

EVENT OUTLINE

- What is Equine Touch? Introduction to the modality, Babette's own journey and case studies.
- Reflections on fascia and what makes Equine Touch such a useful skill set for horse owners to learn themselves?
- When are chiropractors used alongside Equine Touch? A reflection on a rescue horse called Mila.
- Sphere of influence: Why this is so crucial for both chiropractors and Equine Touch professionals (interactive session)
- Mindfulness: An added layer of awareness
- Q & A

LEARNING OUTCOMES

- Awareness of Equine Touch and how it complements chiropractic work.
- Understand how empowering horse owners can change their approach to bodywork, training and management = happier horses.
- Understanding the 'sphere of influence' and how all equine therapists can help each other in promoting this.
- Understanding the power of our own mental attitude and how to integrate mindfulness in our work.

SPEAKER Babette Littlemore

Babette is an Equine Touch practitioner and instructor, as well as a lifelong classical dressage enthusiast. She has a keen interest in looking at the whole holistic 'sphere of influence' to support all types of equines and is inspired by seeing the profound changes that can happen with horses both emotionally and physically. She also has a degree in Applied Positive Psychology and brings her study of mindfulness into her work with both humans and horses. Babette lives in Oxfordshire and shares her life with her herd of four Equine Touch addicts.

Convenor: Annabel James FRCC (Paeds)

PROGRAMME

18.30 - Registration
19.00 - Seminar begins
21.00 - Close

REGISTRATION FEES

RCC Members: £35
Non-Members: £65

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.

No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****