

EQUIBLISS

WINTER 2009 NEWSLETTER

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Welcome to the
Equibliss Winter
Newsletter.

Winter has its own special pleasures - horses blowing atmospheric icy breath, the star, bare beauty of the countryside, snuggling in front of a warm fire after coming in cold from the yard, waiting for the days to lengthen and buds and optimism to blossom, to complete the cycles of dying, decay and re-growth.

I'd like to share with you some seasonal ideas to help you and your horse get the best out of the winter season, and also to wish you all a very Happy New Year!



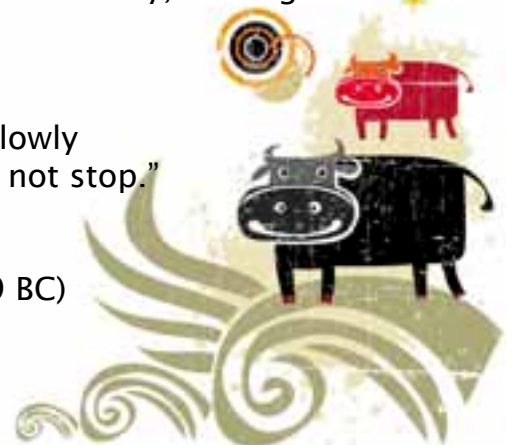
Kung Hei Fat Choy!
(Happy New Year)

January 26th marked the beginning of the Year of the Ox in the Chinese Calendar.

At this time of year many of us make resolutions that just run out of impetus after a few weeks!

In 2009, why not follow the principle of the ox, and make slow but steady progress with your wishes for you and your horse - this time next year you will be amazed how far you have come! The Japanese philosophy of "Kaizen" fits this concept absolutely, making small regular steps to get to a long term goal.

"It does not matter how slowly you go so long as you do not stop."
Confucius
Chinese Philosopher
& Reformer (551 BC - 479 BC)



Kate x



WATER AND WINTER IN THE FIVE ELEMENT CYCLE

Water is the deepest, darkest element in the Five Element cycle.

Its deep Yin properties are associated with winter, salty flavours, the colour of blue black, and the organs of the Bladder and Kidney. Water also governs the bones, the teeth and the hair of the body, and depletion in Water will manifest initially as problems in these areas.

In nature, winter is a time to slow down and rest. Trees and plants draw their life energy inwards and down underground to preserve resources for the coming year.

Nature is still, quiet and deep during this season. We can learn from the season of winter by slowing down and conserving our own energy. We can also take this time of quiet to ask the big questions about what's next. What is important to us? What is worth spending our energy on?

You may find it hard to slow down and rest amid the hectic pace and demands of modern life. However when we continue at a breakneck pace throughout the year, our whole selves can suffer because of it. We need stillness and quiet in our lives, but most of us don't get enough of it. Is there a way you could make room for more?

Winter is a time to ask the deep questions. A time to sit and wonder, without jumping ahead to quick answers and action. Just sitting quietly, feeling the deep mystery of life, is a way to feed the energy of the Water element.

As one of the Five Elements, Water (and Winter) holds a powerful key to our health. Of course, we have all Five Elements within us in every season. Regular Shiatsu for you and your horse you can make sure that your own particular energy needs are supported and healthy during this and every season.

Suggestions for living in harmony with Winter:

- A quiet place — make a time for silence everyday. A simple meditation or quiet walk in nature can restore you at a deep level.
- Spend some quiet time with your horse – just “be” with them, rather than “doing”.
- Hibernate !! — recognise your need to sleep a little more in these longer nights. Head to bed a little earlier, sleep in when you can. Or fit in a nap between 3-7pm – the time of day associated with the Water element.
- Eat warmly — foods that warm you from the inside include root vegetables, porridge, winter squash, sweet potatoes, and casseroles – save the salads until summer!
- Ask the big questions — set aside some time for wonder and awe. Don't rush to answers.
- Water – keep drinking it! — your body appreciates pure water. Hot water with lemon, herbal teas, or just pure water at room temperature will feel best in this season.



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A Winter Warmer - Save on your Shiatsu treatments in 2009

Get 20 % off your horse's next treatment when you recommend Equibliss to a friend who then books a treatment – a little *thank you* from us!

Don't forget you can also save on *booking a course* of treatments for your horse to fast track his improvement through Shiatsu – if this is booked before April 5th 2009 you pay just £185 for 6 treatments – a saving of £7 per session!! (to be taken at a maximum of two week intervals)

You could also get together on your yard for one of our fun and informative *Equine Shiatsu Workshops*

– half a day is just £40 each for a group of 6 horse owners, to include notes and certificate of attendance.

Contact Kate 07956 967984 to book



Pic: John Bell

Tsubos for winter.

Did you know.....that there are over 600 acupressure points or "tsubos" (pronounced tsoo-bows) on the body ?

Bladder 60 and its opposite point Kidney 3 (on the inside of the leg) are a vital part of a Shiatsu practitioner's toolbox..
Why not try these points on your horse for yourself?

Bladder 60 is found between the outside edge of the tibia, and the point of the hock. It acts as an "aspirin point" by reducing pain and swelling, relaxes tendons and strengthens the back.
Kidney 3 is directly opposite, on the inside of the leg. It benefits arthritis in the hock, and also acts to help restore the immune system after illness. Massage this point every day and see the difference!

IS YOUR HORSE A WATER HORSE ?



A SEASONAL EXPLORATION OF 5 ELEMENT EQUINE CHARACTERISTICS

Water is a fascinating element for the Equine Shiatsu practitioner to work with – it can be both deep and calm (like a pool) or extreme (think icebergs, torrents in flood). Fear is the imbalanced emotion of the Water element, and as a prey animal, fear is a horses' first fundamental response to anything unknown.

The counterpoint to the element of fear is that of courage – so when our Water horse is in balance he is brave and powerful, but when his fear takes over he will run, or if cornered, sometimes strike out.

A well-grounded Water horses is typically an excellent all-rounder at any level in any field - his natural tendency to fear is countered by trust and good communication with his rider.

If the Water horses' natural fear is overcome, they can be brilliant performers, but under stress, the Water horse can easily "lose it" and go into a blind panic in his attempt to run away from the feared object.

Physically, the Water horse will be handsome, with fine bone structure – many modern sport horses are of this type.

A balanced Water horse is:

- Confident, patient and intelligent.
- He has good stamina and excellent health as all systems are well balanced
- Has the ability to "go with the flow", learns easily from someone he trusts

Imbalances in this element can cause:

- Seemingly irrational fear responses, highly nervous behaviour.
- Cold backs, hock and stifle problems, prone to dislocation of the neck, early onset arthritis, poor recovery after exercise, cracked hooves, problems with hormones, frequent patterns of urination.
- Lack of determination / no sense of adventure
- No awareness of exhaustion so prone to burnout

Do you recognize your horse? If so, he will love work done on his back and hocks, why not try exploring these areas gently on him and see what he thinks?

Or you could learn some simple techniques at a workshop or book a treatment for your horse!



Equibliss
Workshop at Remus
Memorial Horse Sanctuary

Thursday April 9th
10 am – 1 pm

(Booking required in advance)

Learn a simple Equine Shiatsu Routine to enhance your horse's health and wellbeing, and help to raise funds for this very special Horse Sanctuary at Ingatestone ,Essex.

Remus aim to provide lifetime help and care for horses, ponies, donkeys, goats, sheep, pigs & cows, who are victims of physical and mental abuse, be it as a result of ignorance or malicious intent. The animals are their prime concern and are treated with the utmost respect. Animals are never euthanased for reasons of age or infirmity alone. Nothing is spared to give them every chance to thrive into old age.

At this workshop, you will be able to work with the horses at the Sanctuary, and take home what you have learnt for your equine friend.

Cost is £35 per person for a 3 hour training session, places are limited so book now!!

For more details please contact Sue Burton

Email : VSueRemus@aol.com

Telephone : 01277 356191

Thanks this month to Claire Rossiter from Digital Equine for the use of some of her gorgeous horse pictures!

If you would like pictures of your horse, or pictures at an event, you can find out more at www.digitalequine.co.uk , or call 07875 19502