

Tellington TTouch

Improving the Lives of Horses



Sandy Rakowitz

www.OneHeartUniversity.com



Tellington TTouch Method

with Sandy Rakowitz

Thanks for joining us in the Tellington TTouch Method creating harmonious, co-operative and trust based relationships with horses.

And, thank you for supporting the wonderful horses at Unbridled Thoroughbred Foundation! Let's start your adventure improving the lives of horses through Tellington TTouch.



I am excited to help you learn low-stress methods to:

- Relieve emotional and physical tension
- Improve posture that can change & enhance behavior
- Increase body awareness & the ability learn more easily
- Enhance trust

Lead you step-by-step to:

- Learn & practice cornerstones of TTouch Bodywork
- Discover the core of this kind, empathetic, heart-centered, philosophy



Tellington TTouch Method

with Sandy Rakowitz

- Learn & practice simple, non-invasive, easy-to-learn equine bodywork
- Understand horse behavior through new eyes

Learn simple tools that can:

- Drastically improve balance, posture and performance in a low-stress way
- Enhance and promote functional, healthy posture without force or repetition
- Help you and your horse become more harmonious with a deeper bond

And Offer:

- A great opportunity to meet, learn & give back to beautiful rescued horses
- A place to have fun practicing hands-on methods
- Helpful as a volunteer with the horses of Unbridled Thoroughbred Foundation

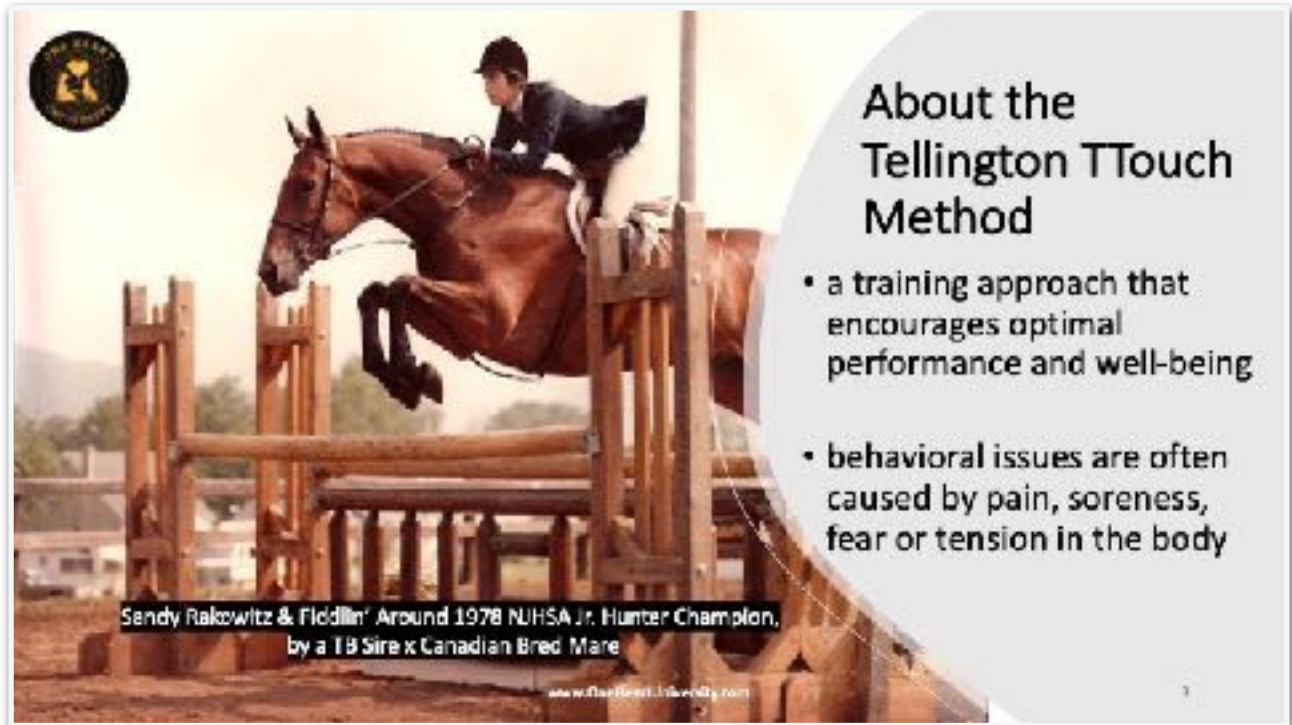
- A way to help your own horses, dogs, cats & other animals
- For your own self-care

These methods can help overcome common behavior and performance issues that can be resolved with simple, non-habitual, force-free, innovative Tellington TTouch approaches and techniques:

- Body tension
- Stiffness
- Girthing Sensitivity
- High-headed posture
- Disinterest
- Touch sensitivity
- Spookiness
- Aggression
- Ear shyness
- Overall distrust

Tellington TTouch Method

with Sandy Rakowitz



About the Tellington TTouch Method

The Tellington TTouch Method for horses offers 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, TTouch addresses these underlying issues through a combination of Body Work, specific Ground Exercises, and Riding With Awareness along with an overarching respect and consideration for the horse.

In this workshop we will primarily focus with Bodywork.

Tellington TTouch goes beyond only what you do with your horse and how you do things with your horse. The perspective assists how you believe in your horse, understanding them at a deeper level and to go beyond behavior and labels.



Tellington TTouch Method

with Sandy Rakowitz

This low-stress method of being with horses seeks to take horses beyond the reflex of instinct, and educate horses how to think and act rather than re-act to the source of concern.

Tellington TTouch

- Body Work, specific Ground Exercises, and Riding With Awareness
- Plus, an overarching respect & consideration for the horse
- This workshop we will primarily focus with Bodywork

This workshop is in honor of Ibis, The Connector & Transformer of Hearts TO all Thoroughbred and Horses

www.OneHeartUniversity.com

TTouch is a system of gentle circular TTouches, strokes and lifts that works at the cellular level to activate the body's potential.

Light touch exploration finds areas in a horse's body that indicate tension, fear of contact, soreness or discomfort.

Specific touches and movements known as TTouches are then applied to the horse's body releasing muscle tension, easing discomfort, and improving posture. All leads to better mobility, performance, and confidence.



Tellington TTouch Method

with Sandy Rakowitz

TTouch works with the nervous system to change physical patterns at some of the deepest levels through gentle, non-habitual movement.

Many aspects of these techniques were inspired by the Feldenkrais Method for Humans developed by Moshe Feldenkrais.

The Tellington TTouch Method looks at the connection between physical, mental, and emotional balance.

Using a variety of touches and exercises, posture and balance can be improved, which helps a horse feel safer, so they can be more self-confident, achieving mental balance.

When an animal is self-confident they have better self-control and enhanced emotional balance.

When an animal has better self-control, they can make better choices, acting and thinking, rather than strictly reacting.

Relieve physical and emotional pain with gentle, caring, empowering touch

Assist your horses' --

- Ability to learn & focus
- Perform athletic skills
- Develop a deeper rapport & understanding
- Trust
- Overall wellness
- Balance & Coordination

www.OneHeartUniversity.com

Tellington TTouch Method

with Sandy Rakowitz

This means that the Tellington TTouch Method is not simply “training” a horse to do a specific behavior, but actually providing them with the education **to adapt cooperatively** and willingly to different situations and learn more easily.



The slide features a circular logo in the top left corner with a horse's head. The title is 'Overcome Common Behavior & Performance Issues'. Below the title is a list of issues, and to the right is a photograph of a woman in a black tank top and purple pants standing next to a brown horse in a grassy field. The website address 'www.OneHeartUniversity.com' is visible at the bottom of the slide.

- Body tension
- Stiffness
- Girthing Sensitivity
- High-headed posture
- Disinterest – difficulty focusing
- Touch sensitivity
- Spookiness
- Aggression
- Ear or head shyness
- Overall distrust

About using TTouch with Humans

People quickly found they got relief from everyday physical and emotional issues such as chronic stress, difficulty focusing, headaches, backache, neck pain, depression, anxiety, digestive upsets, coordination challenges, and sensitivity to touch.

TTouch is gaining acceptance in the human healthcare system. Nurses, massage therapists, physical therapists, physicians and occupational therapists are successfully integrating these techniques into their practices.

Tellington TTouch Method

with Sandy Rakowitz

About using TTouch with Dogs, Cats and other animals

The same principles of TTouch apply to working with dogs, cats, and all other animal species. Sandy has personally worked with a variety of animals in addition to Horses, Dogs, and Cats. Bunnies, Ferrets, Hamsters, Guinea Pigs, Rats, Mice, Birds, Reptiles, Llama, Alpacas, Zebra, Mountain Lion, Snakes and elephants have all benefited and been recipients of TTouch with Sandy.

The range of issues addressed has varied widely from behavioral challenges, anxiety, neurological, chronic and acute illnesses, injuries, digestive upsets, pre and post surgery, strokes, mild traumatic brain injuries, reducing recovery times from most situations including bruises, sprains, fractures and broken bones to name just a few areas that have been successfully assisted.

Sandy also uses TTouch in combination with essential oils, flower essences, and energy healing with animals. For those who would like holistic training classes designed specifically to support animals with a range of mild to extreme anxieties, you can take her self-study course called **Jitter Busters for Pets** to cultivate calm, confidence and courage.

[Click Here to see the full Jitter Busters program.](#) Use this **special coupon code: JB60** if you register so you can save 60% off the price listed. **Email Sandy with any questions.**

Here are a few Frequently Asked Questions

Q: Is TTouch Natural Horsemanship?

A: TTouch is not really the method of Natural Horsemanship since we don't use the premise of escalating pressure or assume horses will respond to us like another horse, to teach horses what we want.

Tellington TTouch Method

with Sandy Rakowitz

Q: What is TTouch Body Work?

A: TTouch is a non-invasive, non-habitual form of hands-on bodywork with movements of the skin with lifts, circles and strokes, as well as non-habitual movements of extremities. Bodywork is just one part of a whole horse method.

Q: Is TTouch energy work?

A: While many use conscious intention as part of the work, and effects the energy of an animal, the techniques are physically based and effective in their own right.

Q: Isn't TTouch Massage?

A: No, TTouch does not focus on the manipulation of muscles and tissues with the musculoskeletal system. TTouches effect the nervous system, brain waves, and cellular functioning.



 **Animals Teach us Connection**

- Understanding the need for Connection – the quality of the bond, trust, respect, compassion in ALL Relationships
- 90% of Dog & Horse Trainers say CONNECTION is the KEY
- People often come to me as a last hope – trainers and vets were recommending euthanasia for difficult behavior issues
- People cry in my office to help save their animals

www.OneHeartUniversity.com

Tellington TTouch Method

with Sandy Rakowitz

About Sandy Rakowitz



Solutions Found in Cultivating Connection

- Tellington TTouch goes beyond only *what* you do with your horse and *how* you do things with your horse
- Believe in your horse
- Understanding them at a deeper level
- Go beyond behavior and labels



www.OneHeartUniversity.com

Sandy Rakowitz, your facilitator, has been a Certified Practitioner of Tellington TTouch® with horses for 32 years with horses.

She has loved showing people how to use these simple and effective techniques since she began with discovering its effectiveness with her own off-the-track thoroughbred, Ibis.

As people watched Sandy work with their horses melting with relaxation, focus more easily, have better balance, and saw how quickly their behaviors changed, people asked if she could work on them, their dogs, cats and other animals. Everyone got to experience what they watched happen with their horses.

Tellington TTouch Method

with Sandy Rakowitz

In 2004, she completed training to become a TTouch companion animal practitioner, as well as TTouch for Humans. She recently worked directly with the founder of TTouch, Linda Tellington-Jones developing four online global programs for people to learn TTouch for Self-Care all before the pandemic.

Effectiveness of TTouch for people was readily apparent. People of all ages realized a newfound sense of well-being and renewal in using TTouch.



Hard-Wired for The Five F's

- **RUN** for your life
 - Get Out, Flee, Hide, Cower, Leave, Bye!
- **FIGHT** as if your life were at stake
- **FREEZE**- become invisible; You can't tell I'm here - To save your life
- **FOOL AROUND** - Distraction, keep attention away
- **FAINT** - Play Dead, System Overload, Overwhelm



www.theheartuniversity.com 21

Tellington TTouch Method

with Sandy Rakowitz



Which is your horse's favorite?

- **Write down examples you have seen in your horse:**
- **Flight** – Spook, Jig, Bolt, flee
- **Fight** – ears back, nash teeth,
- **Fool Around**
- **Freeze** – stop in place, head high
- **Faint** – have you seen a horse collapse?



www.OneHeartUniversity.com

24

Write Your Horses Favorite of the Five F's:

Tellington TTouch Method

with Sandy Rakowitz



Share - How does your horse show they are stressed?

Please share ways your horse shows Stress in their behaviors

Is their behavior:
fight, flight, freeze,
fool around, faint?



www.OneHeartUniversity.com

12

How does your horse show they are stressed? Write below:

Tellington TTouch Method

with Sandy Rakowitz



Let's Cultivate Emotional & Physical Balance

- When an animal is self - confident they have better self-control and enhanced emotional balance.
- When an animal has better self-control, they can make better choices, acting and thinking, rather than strictly reacting.

Pictured Right – Sunny age 36, blind, walking beside me. We used TTouch for acute issues: Longevity, Mobility, Efficient Use of Body, a Relationship with ever deepening Trust

www.OneHeartUniversity.com



14



More Than Just Training, Or Bodywork

- The Tellington TTouch Method is not simply "training" a horse to do a specific behavior
- Or mechanically applying Bodywork going beyond – Just Relaxed
- We are literally providing horses with the body-mind-emotion education to feel safer, more secure, to adapt cooperatively, willingly to different situations and to learn more easily



www.OneHeartUniversity.com

14

Tellington TTouch Method

with Sandy Rakowitz



Let's Learn the TTouch Solutions

- **TTouches provide the 'How-to's'**
- **Enhancing emotional and physical balance**
 - Helping the Sympathetic nervous system quiet down – 5 F's Quieting -Balancing Brain Waves & Brain Hemispheres
 - Connecting with the divine intelligence of every cell in their body
 - Retraining – Reconnecting – Remembering so they can...
- Go from extreme -> down to moderate
- Shift From Moderate to -> Mild
- Shift From Mild -> to Relaxed

www.OneHeartUniversity.com

25



Some of the Results – beyond just relaxed

- Ability to Bond and Connect **more easily**
- Self-control
- Thinking rather than reacting
- Make **better, safer choices**
- Confidence
- Coordination
- Cooperation, willingness without coercion, force, pushing
- **Happier, Increased Vitality**
- Increased Brain – Body - Connection **Coherence**

www.OneHeartUniversity.com

26

Tellington TTouch Method

with Sandy Rakowitz



What do you want to help most with Your Horse?

- Reduce Flight/ Fight/ Freeze/ Fool Around/ Faint?
- Behaviors?
- Physical Issues?
- **What behaviors would you like to see more of or experience together?**
 - Calm, Confidence, Courage
 - Connection, Steadiness, Joy...

Write this down, we will build on this....



Hanging out with Clifford the Mustang

www.OneHeartUniversity.com 27

Write down what help you most want with your horse:

Tellington TTouch Method

with Sandy Rakowitz



Reminder - You can still Join Us In-Person

There is still space available to join us for the Hands-On Workshop at Unbridled – Sunday, July 24, @1-4pm

- Practice in person
- Get direct instruction
- Put everything you learned today into practice
- Learn even more!

- USE THIS LINK bit.ly/TTouchUTF
- & Coupon Code UTF100



Sandy & Ibis Laughing Together

www.OneHeartUniversity.com 23

Join Us In Person – Sunday, July 24, 2022
at Unbridled Thoroughbred Foundation in NY

Register: bit.ly/TTouchUTF

Use Coupon Code UTF100 to take off \$100 since you are in this class

Tellington TTouch Method

with Sandy Rakowitz



Let's Begin with Noah's March Mapping the Body & Integration

HOW TO:

- Long Firm Strokes with either the palm of the hand, back of the hand, or a Tellington TTouch Wand
- Covering all surfaces of the body, like creating a body mapping so they know where they are – all of them
- Along the topline from poll, length of back to tail, along tail, to tail tip



www.OneHeartUniversity.com

21



Noah's March for Body – Mind - Heart Coherence

- Continue along either side of neck, down, across the shoulder
- Down the outside of leg, all the way to the hoof, and ground
- Along underside, from elbows to back legs
- Along the Sides of the body, continue down the back legs, to hooves, and all the way to the ground
- Do this on both sides of the horse



www.OneHeartUniversity.com

22

Tellington TTouch Method

with Sandy Rakowitz



Let's Practice Noah's March

- First, let's practice on yourself
- Understand how great it feels for yourself
- Better understand the effects for your horse



www.OneHeartUniversity.com

22



Let's Practice Noah's March

- First, let's practice on yourself
- Understand how great it feels for yourself
- Better understand the effects for your horse



www.OneHeartUniversity.com

22

Tellington TTouch Method

with Sandy Rakowitz



Share Your Experience of Noah's March

- **What is the experience for you?**
- **Gaining a Better Understanding
of how it will feel for your horse**



www.OneHeartUniversity.com

23

Write your experience - it might be different each time

Tellington TTouch Method

with Sandy Rakowitz



Ear TTouches - Overview

- **One of the most useful TTouches**
> This TTouch has saved Lives <
- The Ear has over 400 Acupoints relating to every system of the body
- Positively affect all systems health and wellness
- For organ dysfunction
- Stiffness
- Release Tension
- Enhance Immune Function



www.OneHeartUniversity.com

24



Ear TTouches – Overall Benefits

- Overall Wellness
- Calms, Soothes, Balances
- Colic
- Fatigue Recovery
- Improve Circulation
- Injury or Illness
- Relaxation – Lowering Pulse & Respiration
- To Connect
- Body Temperature – Low or High
- Recovery After Exertion



www.OneHeartUniversity.com

Tellington TTouch Method

with Sandy Rakowitz



Ear TTouches – Base of Ear Benefits

Enhanced

- Respiration
- Digestion
- Reproductive Organs

A Demo is coming up



www.OneHeartUniversity.com

26



Ear TTouches – How To Steps

STEPS

- 1) Head gently lowered
- 2) Lightly hold noseband of halter with one hand
- 3) With Opposite Hand, Stroke around Base of one Ear 3-4 times
- 4) Stroke length of ear to tip
- 5) Switch both hands, do the other ear

DEMO



www.OneHeartUniversity.com

27

Tellington TTouch Method

with Sandy Rakowitz



How to Use Ear TTouches - Colic

- Take Pulse & Respiration before start
- Call Vet! Tell Vet P & R – *It can change!*
- Stroke around Base of Ear
- Stroke from base to Tip
- Include Tip – Point for Shock To Prevent or come out of shock
- Continue Strokes 3-4's then switch ears, continue back and forth until vet arrives
- **This also gives YOU something to do** that can make a difference - besides staying in worry. **Keep using the TTouches.**



www.OneHeartUniversity.com

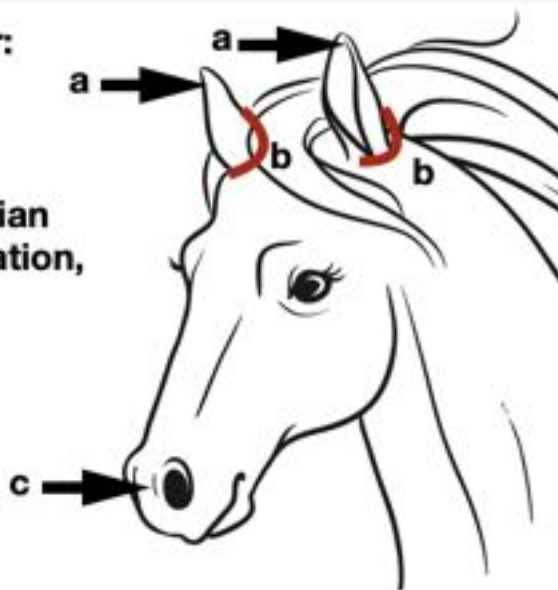
23

Acupressure points for:

a) Shock

b) Triple Heater Meridian
Circulation, Respiration,
Reproduction

c) Pain





Tellington TTouch Method

with Sandy Rakowitz

Tellington TTouch® Colic

- 1) **Vital Signs: Take Temperature, Pulse & Respiration before using TTouch.**
 Time: _____ Gum Color _____
 Temperature _____ Normal resting state is 99–101°F.
 Pulse _____ Normal Horse at rest is 28 to 40 beats per minute
 Respiration _____ Normal resting rate is 8 to 16 breaths per minute

Note Normal Resting state for your horse before an emergency:

Temperature _____ / Pulse _____ / Respiration _____

- 2) **Call Vet!** Phone _____ **Give Vet your horse’s Vitals**

3) Use TTouch Strokes on Ears:

Base of Ear: With gentle sliding strokes of your fingers, stroke around the base of the ear to activate the triple heater meridian for respiration and digestion.

Stroke from base to Tip covering all surfaces of the ear activating the acupressure points all over the ears.

Include Tip – Point for Shock

Continue Strokes 3-4’s then switch ears, continue back and forth until vet arrives, or feels better. **Note:** In acute situations, you may have to stroke ears for 15 minutes to an hour or more. Working each ear individually is most effective.

- 4) **Point for Pain:** Use Circular TTouch or rub the area between the lower edges of nostrils to relieve pain. Work this area for 1-3 minutes. Repeat as often as needed.

- 5) **Point for Gas Release:** Use Circular TTouch in hollow under tail, just above anus, 1 minute or less. Repeat as often as needed.

- 6) **TTouch Belly Lifts:** With two people on either side of horse, use a beach size towel folded to about 6 inches wide. Place towel under belly, just behind elbow, with a person on either side of horse each holding ends of towel. Very slowly lift towel, gentle upward pressure, pause 4-6 seconds, release even more slowly about 6-10 seconds. The slow release creates muscles releasing. After each release, move the towel back 6 inches towards the flank. Work gently. This area is often tight, uncomfortable, and distended in colic.

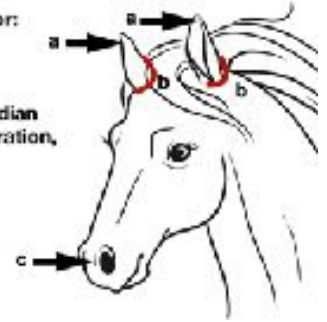
Repeat these steps until your vet arrives or until signs of discomfort are relieved.

TTouch Ear Strokes are useful for all ill, injured, nervous or exhausted horses.

When in doubt, work the ears.

Acupressure points for:

- a) Shock
- b) Triple Heater Meridian
Circulation, Respiration,
Reproduction
- c) Pain



© 2022 Tellington TTouch Practitioner: Sandy Rakowitz sandy@onehearthealingcenter.com
Cell - in California - 434-996-3595

**Print this out to have on hand. Fill out information with normal resting states so you have a reference if there is an emergency.
Practice when everything is normal.**

Tellington TTouch Method

with Sandy Rakowitz



Let's Practice Ear TTouches – On Yourself

- First, let's practice on yourself
- Understand how great it feels for yourself
- Better understand the effects for your horse



www.OneHeartUniversity.com

23

Ear TTouches for Humans

Ear TTouch Purpose & Benefits:

- Using the Ear TTouch can balance all systems of the body
- Calming
- Rebalancing
- Enhancing function
- Fosters a sense of well-being
- Reduces stress
- Relief from pain
- Manage anxiety
- Enhances Focus
- Supports Digestion
- Reduce Shock
- Support while waiting for medical attention in emergencies
- Balances Respiration and Heart Rate
- Balances Body Temperature if too hot or too cold
- Enhance quality of life for seniors



© 2022 Sandy Rakowitz, Tellington TTouch Practitioner

sandy@OneHeartUniversity.com

434-996-3595 / www.OneHeartUniversity.com

Page 25 of 40

Tellington TTouch Method

with Sandy Rakowitz

Ear TTouch Steps for humans:

- 1) Start at bottom of ear lobe.
- 2) With thumb on one side of ear, and forefinger on other side of ear
- 3) Gently stroke as if stroking a rose petal from bottom of ear lobe towards top of ear
- 4) Use four strokes curved upwards, as if dividing the ear into four quarters
- 5) Stroke one ear 3-4 times, then go to other ear.
- 6) Use until feeling better, or until medical care arrives

Ear TTouch Tips:

If there is a Medical Emergency:

- 1) **Call 911**
- 2) Measure Pulse and Respiration before applying TTouch for Ears
- 3) Let medical personnel know what Pulse and Respiration were when you began.

There are thousands of case studies showing application of Ear TTouches have reduced pulse and respiration into a more normal range.



Write your own experiences here:

Tellington TTouch Method

with Sandy Rakowitz



Home Study – Holistic Training – Jitter Busters for Pets

- In Addition to Tellington TTouch, learn to safely use
Essential Oils & Flower Essences to support Calming

Especially designed for Reactive Dogs, Cats, Horses
In Depth "Jitter Buster" Processes I've created
only taught in this course

Webinars, Demo Videos, Audios, Handouts,
72-page e-Guidebook – Go At Your Own Pace
<https://onehearthealingcenter.com/courses/jitter-busters/>

Special Savings for You – Save 60% - Use Coupon Code JB60



www.oneheartuniversity.com 31

Jitter Busters For Pets SPECIAL – Home Study

Register for \$397

Use this Link to see full program & to Register:

<https://onehearthealingcenter.com/courses/jitter-busters/>

Use Coupon Code: JB60 to save 60% off regular price

- If you sign up tonight for Jitter Busters - You will also get a 1:1 private Session with me.

This is a powerful series, with volumes of information that you can't get anywhere else. I have created several methods that are only taught in this program.

Tellington TTouch Method

with Sandy Rakowitz

The TTouch called Lying Leopard



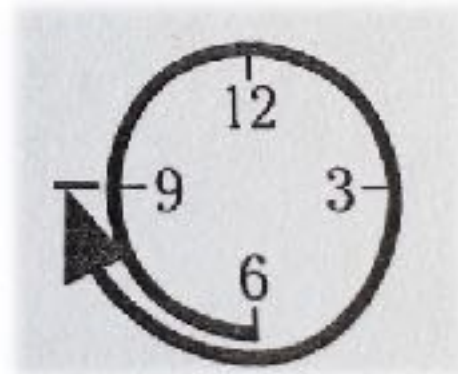
Lying Leopard – A Circular TTouch

HELPS:

Bruising, swelling
Girthiness, Injuries
Nervousness shift into relaxation
Reducing Stress, Tension, Shyness

HOW TO:

- Soft curved hand
- Extended fingers & palm
- 1 & ¼ circles
- Rhythmic breathing
- Light pressure

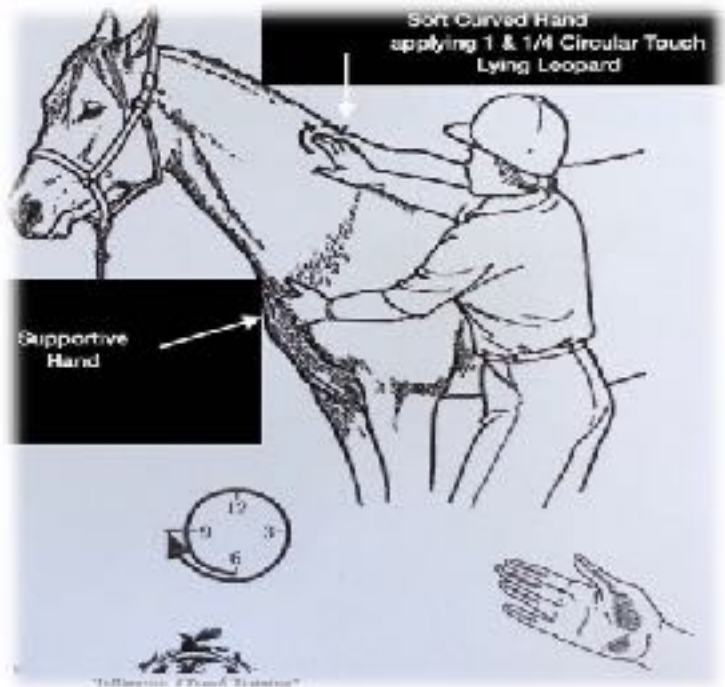


www.OneHeartUniversity.com

32



Lying Leopard TTouches for your Horse



Tellington TTouch Method

with Sandy Rakowitz



Let's Practice Lying Leopard TTouches – On Yourself

- Let's practice on yourself
- Understand how great it feels for yourself
- Better understand the effects for your horse



www.OneHeartUniversity.com

28



Share Your Experiences with Lying Leopard Circular TTouch



www.OneHeartUniversity.com

29

**Write your own
experiences with Lying
Leopard here:**

Tellington TTouch Method

with Sandy Rakowitz



Heart Hugs for You – Helps You --

- Calm, soothe, balance
- Quieting Mind
- Heart-Mind-Body Coherence
- Oxitocin & Serotonin for Feel Goods & Trust



www.OneHeartUniversity.com

39



Heart Hugs for You - How To Steps

HOW TO:

- One hand over the other, center of chest
- 1 & ¼ circles, Breath With Gratitude
- Do 3-4 times.
- Repeat as needed during day or before sleep



www.OneHeartUniversity.com

39

Tellington TTouch Method

with Sandy Rakowitz



**Heart Hugs for You
& Your Horse**

Use Heart Hugs
Anytime
Anywhere
With your horse
For Yourself

For Feeling Better,
Connection & Coherency

**Join us – there is still space
for the In-Person Workshop**



Linda Tellington-Jones
– Founder of Tellington TTouch

www.OneHeartUniversity.com

34

1) Heart Hugs for Humans

Heart Hug Purpose & Benefits:

Heart Hugs balance both sides of brain - the intuitive, creative and the logical aspects, enhance clarity of mind, focus, compassion, calm the central nervous system, decreases the Sympathetic Nervous System Reactivity and Enhances Para-Sympathetic Responses, enhances the ability to think rather than react, and gives a simple Self-Care Tool that offers profound, empowering, life enhancing changes.

Heart Hug Steps:

- 1) Place both Palms one over the other, over center of chest, heart chakra.
- 2) Imagine the face of a clock on the center of your chest. 6 is at bottom, 12 is at top.
- 3) Lightly move the skin under palms one and one quarter circle - either clockwise or counter clockwise

Tellington TTouch Method

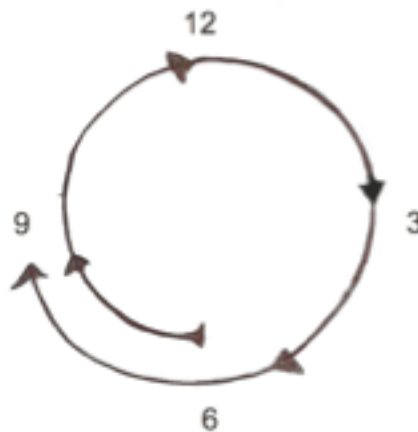
with Sandy Rakowitz

- 4) Repeat 3 times

- **TIPS - pay attention to:**

- a) Tempo:**

- Try a 1 second circle, where you take only 1 second to do the Heart Hug



- b) Breathing:**

- Inhale as you gently move the skin around the clock

- **Pause** as you arrive at 9 o'clock

- Gently exhale and let your hands release to 6 o'clock

- Repeat 3-4 times with a Pause in between

- c) Pressure**

- Apply only the amount of pressure needed to gently move the skin underneath your hands.

- d) Intention**

- Curve Lips upward as you move the skin around in the circle, notice the difference

- Think of a quality you Appreciate about yourself, or another as you move the skin around the circle applying the Heart Hug, notice the difference.

Write your personal experiences using Heart Hugs Here:

Tellington TTouch Method

with Sandy Rakowitz



Tellington TTouch – Quick Reference Guide Review

- **Noah's March**
- **HELPS:**
Grounds, Enhances Awareness
Boosts Confidence, Reassures
Maps the Body, Integrates
- **HOW TO:**
Long Firm Strokes Head To Tail
Along Sides
Down to Hooves
- Cover all surfaces of body
- **Ear TTouches – if in doubt – use this!**
- **HELPS:**
Calm, soothe, balance
Enhance Immune function, circulation
Quiets respiration, enhances digestion
Alleviates shock
Use after calling vet for colic
- **HOW TO:**
Stroke around base of ear, and then to the tip, covering all surfaces of ear
- 3-4 times each ear, repeat as needed

www.OneHeartUniversity.com

33



Tellington TTouch – Quick Reference Guide Review

- **Circular TTouch – Lying Leopard**
- **HELPS:**
Bruising, swelling
Girthiness, Injuries
Nervousness shift into relaxation
Reducing Stress, Tension, Shyness
- **HOW TO:**
-Soft curved hand
- Extended fingers & palm
-1 & ½ circles
- Rhythmic breathing
-Light pressure
- **Heart Hugs**
- **HELPS:**
Calm, soothe, balance
Heart-Mind-Body Coherence
Oxitocin & Serotonin for Feel Goods & Trust
- **HOW TO:**
-One hand over the other, center of chest
-1 & ¼ circles, Breath With Gratitude
- Do 3-4 times. Repeat as needed during day or before sleep

www.OneHeartUniversity.com

34

Tellington TTouch Method

with Sandy Rakowitz



**TIP – If in Doubt what to do, or what TTouch to use -
Just follow the Steps you learned today**

- These techniques are deceptively, super simple
- BECAUSE they create RESULTS automatically
- When YOU FOLLOW THE STEPS,
The Body, Mind, Heart, RESPONDS!
Even if you can't tell in the moment if it is working...
- Just follow the steps
- Join us – there is still space for the In-Person Workshop **USE THIS LINK**
bit.ly/TTouchUTF & Coupon Code UTF100

www.OneHeartUniversity.com

41



**There is 1 & Only 1 Way
TTouches do not work**

**Guess what is the 1- way TTouch will
not be effective....**

**The circumstances might be
surprising...**

Or perhaps obvious....

But not to be overlooked....



www.OneHeartUniversity.com

42

The answer is.....

Tellington TTouch Method

with Sandy Rakowitz



Join Us In-Person

There is still space available to join us for the Hands-On Workshop at Unbridled – Sunday, July 24, @1-4pm

- Practice in person
 - Get direct instruction
 - Put everything you learned today into practice
 - Learn even more!
-
- **USE THIS LINK** bit.ly/TTouchUTF
 - **& Coupon Code UTF100**



www.OneHeartUniversity.com

41

Join Us In Person – Sunday, July 24
Unbridled in NY

Use Coupon Code UTF100 to deduct \$100 since you are in this class online
Register: bit.ly/TTouchUTF

Tellington TTouch Method

with Sandy Rakowitz



**Holistic Training Series
- Home Study**

For Horses, Dogs, Cats

- Tellington TTouch, Essential Oils & Flower Essences
- Creating Calm, Confidence & Courage in Anxious & Reactive Animals
- Webinars, Demonstration Videos, Audios, Handouts
- At Your Own Pace
- <https://onehearthealingcenter.com/courses/jitter-busters/>
- **Special Savings for You**
- Save 60% - Use Coupon Code JB60

www.oneheartuniversity.com

Being Snuzzled by a Mustang

Jitter Busters For Pets SPECIAL – Home Study

Register for \$397

Use this Link to see full program & to Register:

<https://onehearthealingcenter.com/courses/jitter-busters/>

Use Coupon Code: JB60 to save 60% off regular price

- If you sign up tonight for Jitter Busters - You will also get a 1:1 private Session with me.

Tellington TTouch Method

with Sandy Rakowitz

Recap to learn more:

**Want to Learn More?
Choose 1, 2 or all 3**

- 1. Join Us In Person – Sunday, July 24**
Unbridled in NY - Use Coupon Code UTF100
Register: bit.ly/TTouchUTF
- 2. Jitter Busters For Pets SPECIAL – Home Study**
Register for \$397
Use this Link to see full program & to Register:
<https://onehearthealingcenter.com/courses/jitter-busters/>
Use Coupon Code: JB60 to save 60% off regular price
- 3. Work with me Privately –\$697 - Save \$635**
– 4 Private sessions Special: bit.ly/4Privates
– Must sign up in July

www.oneheartuniversity.com

1. Join Us In Person – Sunday, July 24
Unbridled in NY - **Use Coupon Code UTF100**
Register: bit.ly/TTouchUTF

2. Jitter Busters For Pets SPECIAL – Home Study
Register for \$397
Use this Link to see full program & to Register:
<https://onehearthealingcenter.com/courses/jitter-busters/>
Use Coupon Code: JB60 to save 60% off regular price
- If you sign up tonight for Jitter Busters - You will also get a 1:1 private Session with me.

3. Work with me Privately –\$697 - Save \$635
– 4 Private sessions Special: bit.ly/4Privates
- Must sign up in July to get this special

Tellington TTouch Method

with Sandy Rakowitz



Thank You to Susan Kayne & Unbridled TB Foundation

- Love In Action
- Advocacy, Education, Rescue, Sanctuary

Please continue to support Unbridled
Thoroughbred Foundation

- <http://www.susankayne.com/foundation.html>



40

<http://www.susankayne.com/about-unbridled.html>



Thank You! Stay in TTouch ...

- **Contact Me - Sandy Rakowitz**
- 434-996-3595 (Cell)
- Sandy@OneHeartUniversity.com
- www.OneHeartUniversity.com



Tellington TTouch Method

with Sandy Rakowitz



 Any Last Questions?
Aha's, Comments?
Take-Aways?

1. **Join Us In Person – Sunday, July 24**
Unbridled in NY - Use Coupon Code UTF100
Register: bit.ly/TTouchUTF
2. **Jitter Busters For Pets SPECIAL – Home Study**
Register for \$397
Use this Link to see full program & to Register:
<https://onehearthealingcenter.com/courses/jitter-busters/>
Use Coupon Code: IB60 to save 60% off regular price
3. **Work with me Privately –\$697 - Save \$635**
– 4 Private sessions Special: bit.ly/4Privates
- Must sign up in July

www.OneHeartUniversity.com

*Thank you for participating in TTouch for Horses
and supporting Unbridled!*

Tellington TTouch Method

with Sandy Rakowitz

Additional Resources:

[Video Demonstration using Ear TTouches with Dog Click Here](#)

[Video Demonstration on Easing Stress with Cats Click Here](#)

Easing Stress and Fear with Cats using Tellington TTouch® in a Demonstration with a cat while at the Virginia Association of Veterinary Technicians State Conference.

[Video Demonstration with a Dog TTouch® Body Wraps for easing your dog's jitters - Click Here](#)

[Jitter Buster For Pets - Click Here](#)

If you register, use coupon code JB60 for 60% off.

Go more in depth to Help Your Pets Become More Calm, Confident & Courageous and Less Stress using Simple Step-by-Step Methods with Easy to learn Tellington TTouch®, Essential Oils, and Other Natural, Gentle, Compassionate Methods - training shown for dogs, cats and horses.

Jitter Busters includes Webinars, demonstration videos, handouts, checklists, resources, and 70 page beautifully illustrated resource training guide with horses, dogs, cats that goes along with the course.

Work 1:1 privately with Sandy - email to set up a free initial consultation to see what is the best way to meet your needs.

Email: sandy@OneHeartUniversity.com

Email Sandy the benefits you are finding in using these Methods.

Learn more: www.OneHeartUniversity.com

www.OneHeartHealingCenter.com