



## What is Tellington TTouch or TTEAM?

Tellington TTouch Training (often referred to as TTEAM) offers a training approach that encourages optimal performance and health and presents solutions to common behavioural and physical problems. Horses demonstrate marked improvement in athletic skills and increased willingness and ability to perform. Not only does the horse benefit, but also a deeper rapport grows between horse and rider because of increased understanding and more effective communication.

Using a combination of specific touches, lifts, and movement exercises, Tellington TTouch bodywork helps to release tension and increase body awareness. The helps to relieve tight muscles, fear of contact, soreness or discomfort and transforms nervous, spooky or resistant horses improving attitude and behaviour. TTouch has been used extensively to speed healing and recovery from injury and illness in horses and in all animals, including humans.

The TTEAM groundwork includes a series of Ground Exercises that enable a horse to override old patterns and to learn without fear or force. Using a variety of obstacles including labyrinth, ground poles and plastic; TTEAM exercises result in improved self-control, focus, self-confidence, cooperation, balance and coordination. Moreover, eleven unique ways of leading a horse provide opportunities for both horse and rider to increase ability and coordination.

For more information [www.ttouch.com](http://www.ttouch.com)



## About Danielle Dibbens :

Danielle recently gained her TTEAM Practitioner level 2 certificate in September 2016, she has been a TTEAM practitioner since 2012 doing most of her training with Robyn Hood at Tilley Farm in the UK; her training was initially inspired by a horse diagnosed with kissing spines that was having difficulties. Danielle's horse experience started



early as child in the UK where she attended pony club activities for many years. After a brief career in IT Development she went on a world adventure and spent some time working as a horse trekking guide in New Zealand and Australia. She is now living in France where she is currently self-employed and running Tellington TTouch workshops across the country.

Danielle has been training with Ride With Your Mind (Mary Wanless) techniques since 2009 at a private dressage stables where she has worked as a groom/rider.

Danielle volunteers with The Laminitis Site locally in France to help rehabilitate horses recovering from Laminitis and has developed an interest in hoof care as a result.

Inspired to learn more about horse anatomy, biomechanics and sports massage for horses Danielle qualified as an Equinology Equine Body Worker (EEBW) in 2015.

For more information

<https://www.facebook.com/DanielleDibbensTTouch>

<http://dcdibbens.blogspot.fr/>

## Tellington TTouch Training Workshops offered by Danielle Dibbens

It is possible to organise a two day workshop with Danielle who is a P2 level TTEAM Practitioner. During a workshop you can expect to learn about the philosophy of the method, observing tension patterns in horses, Tellington TTouch bodywork, TTEAM groundwork exercises and TTouch body wraps \*. The workshop is interactive with the opportunity to try out and really get a feel sense of the techniques that you may have read about. The participants should expect to leave with tools and ideas they can combine into their existing toolbox for training and horse care. They will be able to use several TTouches and TTEAM groundwork exercises to help their horses improve their posture, balance, proprioception, co-ordination and focus. They may leave with a new understanding of their horse's behaviour and perhaps even their own sense of body awareness.

We would normally work with one horse per team of two people so a minimum of 3 horses will be needed. It is not necessary for each participant to bring a horse. Whether it is possible for the participants to bring a horse depends on the host location and possibilities. It is desirable that horses to be used on a workshop be suitable for a learning environment particularly if the workshop is for people who have not done any work with the method before. For horses with more difficult issues it may be better to book a private appointment.

A room protected from the weather will be needed for the parts of the day where we are not working with the horses. An arena with poles available will be needed for the groundwork part of the course.

There are six places available on a workshop and auditors are not currently possible.

\* Specific techniques used will be subject to adaptation depending on the horses and the weather on the day