

March 2005

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# Greetings –

*Best wishes to everyone for a successful 2005.*

**OFFICE NEWS:** As you know we had to relocate the Office at the end of December. It was quite an upheaval, but we are now in much more pleasant surroundings – within the Moonee Valley Racecourse facilities. An added bonus is that on race days the horses warm up in close proximity to our office and we have the opportunity to see some very fine animals. Apologies to any members who had difficulty contacting us during the December/January period. Our postal address remains unchanged – i.e. P.O. Box 416, Ascot Vale, Vic. 3032, Australia Telephone: 61 3 9375 3987 Please note the new Fax number **61 3 9375 4516**

(It was necessary to change the fax number due to on-going problems with the previously advertised number. Apologies again to any of you who have experienced difficulty sending us a fax.)

**NATURAL DISASTERS:** Since our last newsletter the world was shocked to see and hear of the damage caused by the Tsunami in Asia and the Indian Ocean, both in terms of human and animal life and property. We are unaware that any of our members have been directly affected by this disaster, but extend our sympathy and support to any who may have lost family and friends through this event.

Here in Australia, bushfires are an all too frequent event during our hot dry summers. We extend sympathy to members in the Port Lincoln area of South Australia. The President of Port Lincoln RDA and her family lost virtually everything in a bushfire in January – the farm & house together with stock and fences were destroyed. They saved themselves, the clothes they stood in, a couple of animals and a vehicle. In the same area the Vice President and a volunteer lost most of their property and belongings. Other reports tell of those who lost their home and yet a shed filled with hay was saved. We extend our sympathy to all those who have suffered as a result of natural disasters.....wherever in the world they may be. Ed.

## 12th International Therapeutic Riding Congress

# BRAZIL

**AUGUST 2006**

The organizing committee for the 12th International Congress of Therapeutic Riding to be held in Brasilia, Brazil is working hard.

Details of the Call for Abstracts can be found on the Congress website:

[www.equoterapia.org.br](http://www.equoterapia.org.br)

E-mail: [2006@equoterapia.org.br](mailto:2006@equoterapia.org.br)

Tel: 55 (61) 468 7092

Fax: 55 (61) 468 8486

Read the details carefully, and send your abstract by the due date if you wish the Academic Committee to consider your

paper for presentation at the Congress.

This will be the first time that our Congress has met in South America.

Plan to be there..... Enjoy the warmth of the weather...and the Brazilian welcome!!

Watch the ANDE BRASIL and FRDI websites for updates on arrangements.



## Regional Meetings

F.R.D.I. is keen to encourage the formation of regional meetings/conferences to enable members with similar experiences to share information and expertise at a local level. We are pleased to hear that this is already happening in many areas.

### Scandinavia

#### Meeting in Iceland – August 2004

Every second year the Scandinavian countries have a Nordic Meeting. Eva Bodil Tillmann, physical therapist, IRT, Sweden reports:

In August 2004 we met on Iceland. There were participants from Sweden, Norway, Finland and Iceland but this time not from Denmark. We were invited to the Icelandic Horse center in Svadarstadir, where we saw Iceland horses in action. Imposing and magnificent!

We discussed the education for therapists using the horse in therapy, in our home countries and internationally.

A video from a summer riding camp for disabled children was shown. Our Icelandic colleagues had made measurements before and after the camp and had documentation on the progress the children had made.

We visited Holar and were guided in the "International Center for Icelandic Horses", which offers programs in horse breeding and training, education for riding instructors and trainers, and also conducts research.

We also went on a guided tour in the historically interesting village of Holar. The Icelandic Horse Center invited us to go for a riding tour on their beautiful horses.

The food in the restaurant with Icelandic specialities was excellent....

I think all the participants join me when I say "Thank you Asta Petursdottir for a very interesting and well organized Nordic meeting on your beautiful island Iceland."

The last discussion was about how to continue and develop the Nordic meetings. The next meeting will be in Finland 2006.



Scandinavian members meet in Iceland

## Asia/Pacific Region

#### Conference in Hong Kong – 6 – 8 March 2005

At time of going to press I have just returned from attending the RDA Asia/Pacific Conference. I was pleased to be able to participate in this event. Participants came from Singapore, Malaysia, Hong Kong, mainland China, Taiwan, Japan, Korea, Philippines, Australia & New Zealand. Congratulations to RDA Hong Kong who organized the event so well.

A more detailed report will appear in the next newsletter. RDA Hong Kong celebrates their 30th anniversary this year- congratulations to all those who have worked – and are working in Hong Kong. Best wishes for continued success. Norma Pearce ed.

### Appeal to Dog Owners

Dogs are very sensitive. Frequently one hears about dogs who, thanks to their special powers of perception, have timely warned their owners or family members of an imminent epileptic seizure.

The Swiss Epilepsy League is looking for people who have experienced or observed this phenomenon, or who know someone who may be knowledgeable about this topic. We would be grateful for your cooperation in helping us collect relevant reports. Any reference to experiences, people, literature or research would be useful.

Swiss League Against Epilepsy,  
Seefeldstrasse 84, P.O.B. 1084,  
CH-8034 Zurich, info@epi.ch,  
Tel. 0041 43 488 67 77.

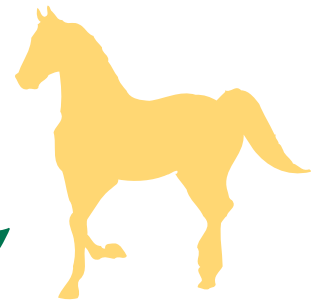
### Therapeutic Holiday Center – Crete, Greece

We have received notification of the Therapeutic Holiday Center – making holidays possible for a range of people with disabilities. The Centre is approved by the Greek National Tourism Organisation, as a holiday providing facility. Also, the Equestrian Farm of Crete (where Therapeutic Riding and Animal care takes place) is a British Horse Society approved riding establishment.

Check their website for more information:  
[www.therapeutic-holidays.org](http://www.therapeutic-holidays.org)

# Talking Point

## “Terminology in Use in the Field of Therapeutic Riding”



Discussion on this topic continues.

*Solveig Ingo from Finland writes:*

### *Greetings from Finland 2005*

Finnish Riding Therapy has been active in this field since 1988 when our Therapeutic Riding training program got started.

I have followed the discussion about the terminology in the field of Therapeutic Riding and it is interesting because we have had the same discussion during the years and just now are registering our title to ensure that only the persons who have the Finnish education are allowed to use this new title in Finland.

Now, it is quite impossible to use the same title world wide because we have so many languages in the world. Our expression for this kind of activity in Finnish is “ratsastusterapia”, ridingtherapy. Ratsastus” means riding and “terapia” is therapy. We have been discussing the terminology also with our neighbours in Sweden, Norway, Denmark and Iceland and we all have a little different arguments for the name. In Denmark they use for instance “Ridingphysiotherapy” and so on. Now the Finnish term “ratsastusterapia” was not a word we could use as a brand so we have to make a separate title for registration. It has not passed yet so I cannot tell the final form.

However it is only a question of words and the work we do is the most important.

For me it is very interesting that you can work in so many ways with horses and handicapped riders. The Rider’s handicap can be very trivial or it can be overwhelming but Therapeutic Riding can nevertheless have positive effects on his body and soul.

The Finnish education model unites the German “Hippotherapi “ and the Swiss “Heilpädagogischen Reiten” and gives the possibility for many kinds of people to take part in the education. It means in practise that people who want to get into the training programme must have a qualified grade of education in health care, social welfare or educational work. We hope that sometime in the near future our students have the possibility to do a Master of Science or even a doctoral degree in the Therapeutic Riding. This is very important on our journey to get better respect of our public health service. We are now about 100 people who have got this education in Finland and the following course will be qualified after 2 years.

During these 16 years I have been working with my clients and my Icelandic horses, a lot has happened in this field. We can in Finland nowadays separate three different ways to approach the riders with their problems.

One way is the Therapeutic Riding that seeks the control of the handicapped body and soul ( not the riding skills ), the other is the Riding for Disabled, hobby riding and sports ( means riding skills ), and the third is the Social - pedagogic stable activities for children and adolescents whose social development is for some reason endangered.

Our therapy units are often very small ones. Stables are private with only some horses. You can also work in some riding schools or under some hospitals and institutions. We lack a bigger centre of Therapeutic Riding where all the people who work in this field could come together and work together.

But however during the recent years horses and horse activities have become more and more popular in Finland. It shows that the possibility to experience the movement of the horse and the friendship of a big animal and nature around us is very important for our well-being. People are also learning that this specific area of riding has come to stay and is of great value.

Solveig can be contacted at:

[solveig.ingo@avset.fi](mailto:solveig.ingo@avset.fi)

or on the website:

[www.talliamende.com](http://www.talliamende.com)



## RDA-Samsung — NEWS —

# A memorable Reunion

Following the annual Homecoming Day weekend, we all hurried to pack for the trip to Japan.

Though it was an early morning of cold December, our riders, their parents, and volunteers seemed very excited to fly to Japan. After a couple of hours of flight, heart warming welcome of RDA's volunteers at the airport made us feel like home though we were in foreign country where our mother tongue makes no sense. Such a hospitality was continued at the center where RDA-Japan's riders and their parents awaited us.

They served us delicious homemade cakes, cookies and many different kinds of wonderful food that I cannot even remember names now. After heartfelt welcoming ceremony, all riders got on their ponies, volunteers walked along, and the instructors assessed the riders on new ponies for the program the next day.

The program the next day came with all things for Christmas such as Santa Claus outfit, red socks and the cap. All the riders of Japan and Korea enjoyed the game and had so much fun together by participating in the same activities. We were like an orchestra playing beautiful music in great harmony.

At the dinner, we were very amused to see that all the riders who visited Korea in May came to welcome us, and were expecting to see friends they've met in May. However, none of those riders of Korea they've met could be there. Even though they have not met before, soon, they became good friends and had a good time sharing their interests and hopes for the future.

Later that evening we toasted for the long run of the exchange program, and posed for the group pictures. Many were busy taking pictures with their own cameras to capture the moment of our reunion.

Even though the visiting group was as small as 10 people, and the time was as short as 3 days, the very first experience of flying on a plane, being in a different country for the riders, seeing kids restless to enjoy their moments for the parents, and seeing a different riding for the disabled facilities for the volunteers were all unforgettable and touching.

The next exchange between Japan and Korea is now planned to be on April 30- May 3, 2005.



Samsung visit to Japan

## FROM THE BOOKSHELF

### Remedial Educational Vaulting with Anorexia Nervosa Patients

With the collaboration of:

Ruth Bric, Marina Huck, Gondi Kunz, Eva Schneider Peter Lang

- Europäischer Verlag der Wissenschaften, Frankfurt am Main, 2004

Europäische Hochschulschriften: Reihe 6, Psychologie, Bd. 727

ISBN 3-631-51898-6

This book describes a specialist study within the framework of the University Clinic of Psychiatry, Vienna. Its aim was to investigate whether Remedial Educational Vaulting has a positive effect on the image and perception of their bodies, as well as the most diverse personality variables (such as fear, aggression etc.) and also on the general condition of anorexic women.

First of all the book describes the theoretical background of anorexia nervosa, based on psychodynamic, systemic and physical therapeutic concepts. Here the causes of illness, personality characteristics, epidemiology etc. are dealt with in great detail. Following this, various therapeutic approaches are suggested in which physically-orientated measures for treating the disordered body-image are the focal point of interest. During the course of this the extent to which Remedial Educational Vaulting can help is discussed in detail. Included in this, for example, are the breaking down of fears, the possibility of reliving and coming to terms with past experiences and the employment of the horse as a means of transition etc. In the practical part specific concrete exercises or anorexic patients are set out clearly. The empiric study is described in the scientific section. Here, sixty anorexic patients - thirty in the test group and thirty in the control group - were tested before and after the six-month treatment with Remedial Educational Vaulting. The following tests were employed as a means of measuring the results: FbeK, BAT, EDI, EWL 60-S, Giessen-Test, FAF, SAS, as well as a demographic questionnaire of their own devising and a protocol of the therapy sessions.

The results showed that Remedial Educational Vaulting had significantly positive effects in the following areas:

- Positive changes were effected regarding the distorted body-image as well as the behaviour-patterns which are symptomatic of anorexia.
- A positive change in the general condition was registered both immediately as well as in the long term. At the same time, it was noticeable that this is a measure which produces measurable effects very quickly.
- The degree of fear was significantly decreased.
- Remedial Educational Vaulting has a particularly strong effect on setting free emotions in women who are inhibited in their ability to show aggression and who are emotionally divided.
- A positive change was registered in the approach shown to the horse and in the contact with it as well as in dealings with other people.

Reviewed by: Dr. Gabriela Leimer

It is great that such a scholarly book should be so good and so exciting to read!

Everyone who is interested in Remedial Educational Vaulting /Riding should have this book in their library as it contains suggestions and approaches which can be integrated into many areas of REV.

Gundula Hauser

We take the opportunity to present books of interest to members.

It is hoped that "From the Bookshelf" will be a regular feature of the newsletter. Anyone who has new material they would like to recommend should submit copy to me at the Office -

E-mail: [frdi@rda.org.au](mailto:frdi@rda.org.au) Norma Pearce ed.

# NEWS from *around the World* *Georgia, Poland & Russia*

## *Georgia*

### Georgian National Federation of Ride-therapy



**Prof. Dr. Dimitri Tsverava**

Doctor of Medical Sciences, Professor Rector of Medical Academy of Tbilisi, President of National Federation of Ride-therapy of Georgia, Full member and presidium member of International Association of Hypo-therapy, Founder of ridetherapy and ride-therapy school in Georgia



**Dr. Manon Loria**

Head of the Department of Curative physical training and sports medicine at Medical Academy of Georgia, Vice – president of National Federation of Ride-therapy (hypo-therapy) of Georgia, Member of International Federation of Ride-therapy.



**Prof. Dr. Manana Rukhadze**

Head of the Department of Curative physical training and Ride-therapy at State Medical Academy of Georgia, Doctor of Medical sciences, Member of the Administration of National Federation of Ride-therapy (hypo-therapy) of Georgia. Member of International Federation of Ride-therapy.



**Nina Ionatamishvili**

Head of the Department of Physical training of Medical Academy of Georgia, Doctor of pedagogical sciences, professor. Member of the Administration of National Federation of Ride-therapy (hypo – therapy) of Georgia



**Lali Avaliani**

Associate Professor of Department of Curative physical Training and Sports Medicine of State Medical Academy of Tbilisi, Candidate of medical sciences. Member of the Administration of National Federation of Ride therapy (hypo – therapy) of Georgia

The Georgian Federation has been a Full Member of FRDI since 2000. Those involved with the federation have attended FRDI International Congresses in France and Hungary and many of our members will have met them there. We are pleased to receive this account of their activities. Ed.

## *Our Activities*

Georgia is a country of ancient traditions where men used a horse from time immemorial.

Georgian folk horse-games as well as songs and dances have no analogue in the world. Ancient historian Tacitus (I-II centuries) always mentions Iberians (Georgians) with the prefix “riders”. Don

Kasius describes the triumphal appearance of Iberian (Georgian) King Pharsman II and Georgian riders in Rome in II century. Father of European hippology Ksenophont (IV c.b.c.) in “Auabasis” describes non-successful competition of Greeks with Kolkheti (Georgian) riders. Not suprisingly the founders of scientific ridetherapy are Georgians – representatives of the country with such traditions. Scientific investigation of ride therapy started in 60-70 in Georgia and Europe independently. It has been lead

by academician Dimitry Tsverava and included long-lasting scientific clinical – experimental research. The development of ridetherapy in Georgia covers the following directions:

1. Identification of scientific basis for ridetherapy.
2. Treatment;
3. Training-education
4. Public organizational activities



## Georgia continued

Development of ride therapy in Europe started in 1950's, but unfortunately had empirical character.

In addition, specialists involved had no medical education. That is why at that time ride therapy did not gain due place among medical activities. In order to have in sight in ridetherapy magic forces, we have studied the essence of riding i.e. merging of two creatures man and horse. In 1960's the essence of "Sportsman-horse" model as an integrated biological system was defined. Medical-biological, zoophysiological and zoopsychological changes and biomechanics of ridetherapy were identified for the first time. The functioning of horse and rider's heart at physical strain of different type and intensity was studied by means of distant, radiotelemetric method. Biofeedback method was developed thus creating basis for ridetherapy usage in patients with cardiovascular diseases, in particular after MI. We have treated 110 such patients (D. Tsverava, M. Loria). Similarly the scientific basis of ridetherapy biomechanics at C.P. was defined. Two important and valuable psychological phenomena were proved: high motivation and marked fear (of falling from horse) that constitutes a solid basis for internal mobilization, meaning that a child does not subject habits to motor defect, but copes motor defect to habitual activities. Consequently, it not only improves a child's motor functions, but to a certain level eliminates secondary mental retardation depending on motor defect. Analysis of obtained results captured long lasting permanent observation of 2000 children (D. Tsverava).

Diseases connected with social ecology in particular neuroses and psychosomatic disorders were also studied. Neurosis is a consequence of personal level conflict, and its development is significantly contributed to by social problems – great motivation, informational overload, constant time pressure, lack of physical activity, social deprivation, etc. Exactly has ridetherapy revealed its magic power buffering effect of all above-mentioned factors. Original methodology of ridetherapy was developed

for this purpose and demonstrative therapeutic effect was achieved. (D. Tsverava).

According to our research ridetherapy is much more effective for carriage disorders and displastic scoliosis (I and beginning of II degree) compared with classical correcting gymnastics. It is caused by the fact that in riding posture patients' legs are almost completely excluded from anti-gravity system and three-dimensional vibrations (two horizontal and coming one vertical) from horse-back directly to patients backbone initiate tendency of centering of decentrated pulpose nucleus. At the same time adductor muscles are basically under isometric load causing development of strong muscular corset around the backbone. All these hamper further progression of disease and at the same time improve adolescent's neurological tone.

Original methodology of ridetherapy has been developed for patients with osteochondrose (D. Tsverava, M. Rukhadze), based on observations on big sample indications and contra-indications for ridetherapy in case of osteochondrose were identified and advantage of ridetherapy compared with other physical methods was proved.

In Georgia ridetherapy is introduced in State Medical Academy curricula that are envisaged for both physicians and hippotherapy instructors. Curriculum developed by us was part of a unified program for physicians' specialization in Soviet times. Georgian National Federation of ridetherapy and Tbilisi Medical Academy are permanently carrying out short-term training and long-term specialization courses in ridetherapy both in Georgia and abroad. Such training was carried out for the Courses; specialization courses-8 times in Moscow for representatives of Russia and other countries.

More than 200 publications, 2 candidates and devoted to ridetherapy. A significant part of research was presented both at conferences in Georgia and Russia, and international congresses.

Fundamental book capturing ridetherapy

goals, objectives, scientific basis, horse selection for ridetherapy procedure according to disease pathogenesis is ready for publication. The material was investigated by us and corresponding results will be presented in the book. Tested questionnaires and bibliography will be attached.

Georgian National Federation of Ridetherapy is ready for permanent participation in your publications.



Nick - 4 years old (Left side plexitis)  
"To raise one hand by helping with the other"



Sofia - 13 years old (Scoliosis) Diagnosis - like "S" combination scoliosis of breast -waist part of degree II

# Poland



## Polish Hippotherapeutical Association (Polskie Towarzystwo Hipoterapeutyczne PTHip)

Polish Hippotherapeutical Association (PTHip) was founded in 1992 and since 1999 is a member of FRDI. The Association was established by doctors, therapists and horsemanship instructors who since 80's were engaged in introducing hippotherapy into rehabilitation of disabled people, especially children with cerebral palsy. In Poland, the word hippotherapy defines all therapeutic activities concerning horses and horse riding therefore the Association offers not only horse physiotherapy but also therapeutic horse riding and even recreation and horsemanship sport for disabled people. Currently the Association has 320 members.

### Mission of the Association:

- supporting and promoting hippotherapy as a rehabilitation method
- supporting and promoting hippotherapy as a form of beneficial pedagogic, psychotherapeutic and sociotherapeutic influence
- improving and unification of hippotherapists' skills
- providing members an access to professional literature and information

about hippotherapy's progress in Poland and abroad

Specialists of medicine, psychology, pedagogic and horsemanship instructors united at PTHip worked out an original program of hippotherapists' trainings. It includes 200 hours of lectures and conversations and 80 hours of practice training. Practice trainings take place at 8 - carefully prepared for that purpose -centers scattered throughout Poland. Since 1994, 1500 people had been trained according to that program. The training carried by Polish Hippotherapeutical Association is approved by the Ministry of National Education and Sport and gives professional qualifications.

The Association also runs information trainings for the doctors on opportunities of adapting rehabilitation by hippotherapy methods in various illnesses and development disorders.

The Association promotes the best hippotherapeutic centers by supporting them with patronage. Currently, 27 centers are under PTHip's auspices

Experienced therapists united in the Association elaborated a set of basic rules of conduct for hippotherapists – i.e. the Canons of Polish Hippotherapy. This act serves to promote professional, safe and responsible hippotherapy.

The first Polish book on hippotherapy "Psychopedagogical Aspects of Therapeutic Horse Riding for Children and Adolescents Mentally Retarded" edited by Anna Struminska, current President of Polish Hippotherapeutical Association, was published owing to financial support of the Association.

Furthermore, the Association organizes individually or gives patronage to other events of Polish hippotherapeutic organizations, such as annual hippotherapeutic conferences taking place in various parts of Poland. The next event of this kind will place on November 11-13, 2005 in Warsaw. The organizer of the seminar "At the beginning there was a horse" is the Handicapped Children Aid Foundation HIPOTERAPIA.

*We heartily invite You to Warsaw for our Autumn hippotherapeutic meeting*

**Polskie Towarzystwo Hipoterapeutyczne - PTHip**

**02-797 Warszawa, ul. Nowoursynowska 100, Polska**

**tel. 48 22 59 31 900 tel/fax 48 22 649 25 02**

**www.pthip.pl e-mail: biuro@pthip.pl**

**Polish Hippotherapeutical Association 02-797 Warsaw**

**100 Nowoursynowska St, Poland**

**tel. 48 22 59 31 900 tel/fax 48 22 649 25 02**

**www.pthip.pl e-mail biuro@pthip.pl**



Kasia - Poland

# Russia



## National Federation of Therapeutic Riding and Sports Riding for Disabled (NF TRSRD)

The Russian Federation has been a Full member of FRDI since 1999. The President of the Federation, Noemi Robert sends the following report. Ed.

In April 2002 the 3rd all-Russian Hippotherapy Conference and a General

meeting of the members of the National Federation of Therapeutic Riding and Sports Riding for Disabled (NF TRSRD). Noemi Robert was once again elected President. So far, the number of members of NF TRSRD is as follows:

Physical persons – 93, Juridical persons – 24 organisations. The new development in our activity is that since 2003 the Federation has begun to organise, on its own, training workshops for hippotherapy instructors. We have already held five workshops in Moscow, and one away from Moscow, in Ufa. A total of 94 specialists were trained, and we plan to hold more such workshops in the future.

Another achievement is that we issued several methodological manuals on

hippotherapy, based on our own accumulated materials. These materials deal with the experience of our rehabilitation center, the methodology of hippotherapy, horseback games applied in our therapy sessions etc. Another matter of pride is that we have developed quite an interesting Program for Comprehensive Rehabilitation of persons with disabilities, consisting of many rehabilitation methods, the basic among which is hippotherapy. We have made important achievements in applying hippotherapy in autism, and have almost completed a methodological manual for applying hippotherapy in autism.

Noemi Robert

President – NF TRSRD



# Coming Events 2005

## JUNE 2005:

3-5 June, 2005

### Horses, Emotions and Body Language Workshop

with Monika Mehlem & Gisela H. Rhodes  
in Newcastle, ME

To explore self awareness of rider and his  
or her communication with the horse.

Contact: 1 207-563-3974

Email: giselahr@tidewater.net

6-12 June, 2005

### Dressage and Show Jumping Competition for Disabled Riders

#### I.P.E.C. APPROVED

#### INTERNATIONAL COMPETITION

Location: Carinthia, Austria

Website: www.trik.at

Contact: Christa Walker

Email: christa.walter@kaerngesund.att

## AUGUST 2005:

1-3 August, 2005

### First International Horse Therapy Congress:

Location: Argentina

The Congress will take place during the  
International Exhibition of Cattle-keeping, Agriculture  
& Fishing, organised by Sociedad Rural Argentina.

The Congress intends to provide a space for  
analysis, research, public exposure & training  
on horse riding for disabled, which can also be  
called therapeutic horse riding or horse therapy.  
It is targeted to:

- Professionals & Students  
from Health Area;
- Professionals from Horse-related Areas;  
Professionals & Students from  
Educational Areas.

Preliminary Program Subject to Changes can  
be found on the website:

Website: www.aaaepad.org

E-mail: equinoterapia@aaaepad.org

Tel-Fax: 4576-5585

Palermo Race track: Libertador Ave. 4489

6-7 August, 2005:

### Horses and Expressive Art Workshop

with Joanne Desmond & Gisela H. Rhodes  
in Newcastle, ME.

Let horses guide you into expressing your creativity.

Contact: 1 207-563-3974

E-mail: giselahr@tidewater.net

26-28 August, 2005:

### Lungeing and Interactive Vaulting

Workshop with Gisela H. Rhodes  
in Newcastle, ME.

Hands-on experiences and theory in a well  
balanced combination will give you the  
knowledge necessary to start or expand an  
Interactive vaulting program.

Contact: 1 207-563-3974

E-mail: giselahr@tidewater.net

## SEPTEMBER 2005:

16-18 September, 2005

### Dare to be afraid-Horses and Anxiety

Workshop with Monika Mehlem  
& Gisela H. Rhodes in Newcastle, ME.

Recognize fear and learn tools how to help  
students or yourself to achieve a positive  
feeling while riding and handling horses.

Contact: 1 207-563-3974

E-mail: giselahr@tidewater.net

## OCTOBER 2005:

7-9 October, 2005

### Lungeing and Interactive Vaulting

Workshop with Gisela H. Rhodes  
in Newcastle, ME.

Hands-on experiences and theory in a well  
balanced combination will give you the  
knowledge necessary to start or expand  
an Interactive vaulting program.

Contact: 1 207-563-3974

E-mail: giselahr@tidewater.net

28-30 October, 2005

### Massage Techniques for Equines and Humans

Workshop with Sandra Jamrog  
& Gisela H. Rhodes in Newcastle, ME.

Develop palpation skills and learn massage  
techniques to release soft tissue helping your  
horse to become more relaxed, supple and  
better able to perform.

Contact: 1 207-563-3974

E-mail: giselahr@tidewater.net

## NOVEMBER 2005:

4-6 November, 2005

### 'und Pegasus Fliegt!' Pferde -Psyche-Therapie

Organizers: Association e-motion-Equotherapy,  
in co-operation with Austrian Initiative -  
Horses help People and Tiergarten Schonbrunn  
Location: Parkhotel Schonbrunn/Tiergarten  
Schonbrunn - Vienna, Austria

Language: German; interpreters may also attend.

Fees: for those who register early

(i.e by end of April) 190 Euros

after April the fee will be 230 Euros.

Fees cover:

- entrance fees for conference & workshops;
- event evening with exchange of ideas  
& experiences & buffet;
- 1 lunch at Parkhotel Schonbrunn;
- 2 days in the Tiergarten Schonbrunn.

There is an additional offer of an excursion to  
Marchfeldschloss Schlosshof (viewing of breed  
horses, tour of the castle, musical entertainment.  
For further information, including registration forms:

Website: www.pferd-emotion.at

www.zoovienna.at

E-mail: info@pferd-emotion.at

11-13 November, 2005

### II International Seminar on Therapeutic Riding

Location: Warsaw, Poland

Theme: "In the Beginning There Was a Horse"

We have a great pleasure to invite you to our  
conference in Warsaw, Poland hoping that you  
will find the time to come and share your  
experiences with us. We are looking forward  
to the arrival of those who participated in our  
seminar in November 2002 as well as those  
who are going to visit us for the first time. We  
would like to present to you not only the Polish  
Hippotherapy, but also Warsaw - our capital.  
(Handicapped Children's Aid Foundation -  
"HIPOTERAPIA")

Contact: fundacja@hipoterapia.org;

Website: www.hipoterapia.org

**CLOSING DATE FOR THE  
JUNE 2005 NEWSLETTER  
IS MAY 30TH**

## Thank you

FRDI gratefully acknowledges the support of Samsung  
in the publication and distribution of this newsletter.

