



# Horse Breather

Equine Breathing ezine March 09 issue 38



## Equine Breathing Trainer Course



Ulrike gives Ben his first 1N session

Ulrike Hermelin from Sweden took the first ever 'Equine Breathing Trainer' course this month and is the first person to qualify as an **Equine Breathing Trainer** to help other people use Equine Breathing

The three day 'Trainer course' is for people who:

- have experience in using Equine Breathing on their own horse(s) including use of the Equine or Grazing Breather and familiarity with the Equine Breather training DVD
- have experience in improving their own breathing
- wish to help other people to use Equine Breathing and
- wish to develop their own skills as a horse breather.

Ulrike is ideally suited to be an Equine Breathing Trainer. She has barefoot horses which she keeps holistically (natural boarding with herd life etc), and with a colleague is opening a hoof rehabilitation facility in Sweden for horses with hoof problems.

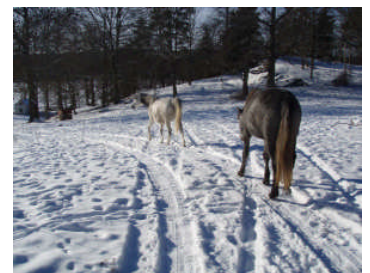
Ulrike is also a Reiki Master. This means she is experienced with holistic healing and the various healing responses that can occur and which sometimes puzzle new users of Equine Breathing. She also has several years experience of Equine Breathing and did an Equine Breather trial with two of her horses.

*"I took this course because Equine Breathing is a fascinating and powerful method of healing. I wanted to learn more about it and to be more effective with it. And also I would like to be able to help other people to use Equine Breathing."*

### The objectives of the course are:

- to be able to manage an Equine Breathing program for your own horse/s
- to understand the benefits of Equine Breathing training, and what can be achieved and how
- to improve your own breathing in order to improve your own performance and to increase the benefit to your horse
- to be able to help others to understand the significance of breathing to their horse's well being and
- to help others to start and manage an Equine Breathing program.

Equine Breathing is essentially a self help training technique so the course is largely about preparing the trainer to be able help horse owners to use Equine Breathing for themselves. However, if the owner is unable to use Equine Breathing themselves for some reason, then the trainer can do it for them if that is what is required.



Ulrike's horses live out all year



Enjoying a ride on her Arab – at minus 8°C

The course consists of a mix of theory and practice. Ulrike worked with a range of horses from those with no previous experience of Equine Breathing to those with years of experience.

### The course includes practice in key areas.

- Starting Equine Breathing - how to prepare the horse and gain their trust so that s/he quickly learns that it is safe to let go and enjoy Equine Breathing (see Ben, top left photo). This is important as clients are often likely to want help with 'difficult' horses
- How to make more effective use of Equine Breathing including use of more advanced techniques.
- How to recognise and deal with healing responses such as clearings and returns of symptoms, which can often go unrecognised by the owner.
- Personal breathing exercises, evaluation and monitoring, and putting good breathing into practice.
- And, of course, how to ensure that Equine Breathing is always enjoyable for the horse.

Commenting on the course, Ulrike said, *"Thank you Clare for a very inspiring and knowledge intensive course. It has brought me a deeper understanding of the importance of breathing for the entire organism, and has given me the tools to manage breathing and to help others."*

Ulrike and future qualified Equine Breathing Trainers are listed on the 'contact us' page of the website.

Ulrike has a website; [www.hippoyana.com](http://www.hippoyana.com) and can be contacted on [info@hippoyana.com](mailto:info@hippoyana.com) .

If you have any queries about this or any of the Equine Breathing courses (for horses and or riders/handlers) please ask – [clare@equinebreathing.com](mailto:clare@equinebreathing.com) .

Till next time  
breathe easy  
Clare

Using advanced techniques



Dealing with tickly nostrils



The contents of this ezine are not a substitute for veterinary advice. If the reader has any concerns they should seek independent professional advice from a vet.