

# Amnanda

## Amnanda Process For Horses And Dogs

Amnanda Process is an Ayurvedic healing treatment developed for the effects of adverse and traumatic experiences and to restore health and vitality. Amnanda means bliss and this therapy brings joy to our animal companions and deepens our understanding of them and what they need to be happy and content.

Amnanda is a series of 12 oil treatments given over a course of a year. The combination of the oil, specific herbs and touch of the therapist creates a response in the epigenome of the cell. This change at a cellular level triggers healing at a physical level, repairing injury, increasing immunity and overall improvement of metabolism. The loving touch triggers production of hormones and neuropeptides and increases a sense of contentment. Amnanda also enables a different interpretation of life experiences, increasing the animal's positivity, confidence, openness to new experiences and ability to learn.

### How does Amnanda benefit horses and dogs?

Horses can experience trauma in different ways including accidents, changes in owner or environment, extended periods of confinement, loss of companions and poor training. The effects may result in physical issues such as digestive problems, low immunity, tendency to accidents and joint stiffness. When animals are habitually in stress their metabolism is affected creating changes including a predominance of cortisol and adrenaline, increasing inflammation, disturbing hormonal balance and slowing down healing processes.

Trauma may be the result of abuse but more often it comes from a misinterpretation of the environment, loss of instinct and living outside of instinctive behaviours. Traumatized animals are on constant alert and in a state of hypervigilance. This affects their ability to learn and they may develop phobias for example of thunder, fireworks and travel. Another response to trauma is to redirect stress into behaviours such as cribbing or weaving with horses or barking and chewing with dogs.

Stress and trauma can reduce a horse or dog's ability to relax and create bonds within their herd or pack and develop pessimism and distrust. They can also create difficulties in training or building a relationship causing reduced concentration, a tendency to disassociate, defensiveness or stoicism. Horses are naturally social animals that thrive in community and interactions within the group, but trauma can cause problems with herd dynamics and difficulties adapting to changes within the herd. The experience of receiving Amnanda creates a new feeling and interpretation of their domestic environment, restoring the horses' innate strengths of curiosity, group cooperation and problem solving. Likewise with dogs, Amnanda often restores curiosity and a sense of play in previously withdrawn or unsociable dogs. The healing effect of Amnanda on the nervous and hormonal systems and metabolism stimulates their natural self-healing mechanisms and nurtures a positive, calm sense of well-being and ease.

**For more information please contact Laura Shakeshaft**

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## Equine and Canine Amnanda Course for Owners and Professionals

This course is a wonderful opportunity to deepen your bond and help your animals enjoy greater health and happiness. The course is taught in six 2-day blocks and we take a group of horses and dogs through their Amnanda Process in 6 months rather than 12 months. During the 2 day session you will become attuned and gain hands on experience giving Amnanda treatments to horses and dogs. No previous massage experience is necessary as Amnanda is a very simple technique of applying specific herbal oils to the horse in a certain sequence.

The quality of touch and our inner state when we give Amnanda is very important. You will deepen your therapeutic touch through practice and also discussions exploring and developing our understanding of horses and dogs and our relationship with them. When we give an Amnanda treatment we develop a feeling of wholehearted love, free of expectations and come into a connection without objectives or ambition. Feeling this loving intention creates a healing response in our animals and ourselves as we create a greater awareness of our kinship with all living beings.

We usually work with the resident horses of the venue but it may be possible to bring your own horse if numbers allow. Each day will be divided between focusing on horses in the morning and dogs in the afternoon. The horses will receive their Amnanda 1 from me to initiate their process and students begin treating from the Amnanda 2 onwards. You will be able to start practicing Amnanda after giving Amnanda 3.

Experience of handling horses is a requirement as students will be working on horses. The course is open to both owners seeking to treat their own animals and equine professionals wishing to practice Amnanda. On completion of the course those wishing to practice can obtain insurance with BGI.

### Venue

Great Cwmgwannon Barn  
Clyro  
Herefordshire,  
HR3 5JJ

### Cost and Dates

£960 ( can be paid in 6 instalments of £160)

20/21st May, 17th/18th June, 15/16th July, 19/20 August, 9/10th Sep, 14th/15th October

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## Course Outline

- Introduction to the Amnanda Process
- Learn the treatment method: the sequence of applying the oil, the use of mantra.
- Understand how the oils are used and the properties of herbs.
- Discuss how horses and dogs experience trauma, the signs of trauma and its effects on physical and mental health.
- Understand the importance of and cultivation of therapeutic touch and intention.
- Discuss the mental and physical health of horses and dogs, what elements foster health and happiness and how can we meet their needs in an domestic environment - includes discussion on possible benefits of equicentral and track systems, extrinsic and intrinsic motivation based training, how ethology can inform our management, role of free work and scent work to support decision making and foster confidence.
- Learn about horse's and dog's digestion and metabolism.
- Discuss body language and how we can communicate with our animals more effectively
- Discuss the origins of our relationships with horses and dogs, the different types of relationships we have and the deep bonds we form with animals.

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