

Equine Natural Movement Series

First Session

Purpose -- Build trust. Get to know the horse's tension patterns.

Method -- Release holding in surface musculature. Identify deep holding patterns that are the roadmap for a continuing series.

Second Session

Purpose -- Give the horse a better sense of stability so he's more secure in moving on and off the ground. Bring out the power available in the horse's hind end.

Method -- Emphasize vertical line integrity in standing. Free up tendons and musculature of all four legs. Free up superficial and midlevel fascial restrictions in shoulders, pelvis, lumbar and hip joints.

Third Session

Purpose -- Integrate muscle groups that share movement functions.

Method -- Begin to shift vertical line integration into horizontal plane. Work focuses on functional quadrants rather than individual muscles.

Fourth Session

Purpose -- Bring out fluidity of whole body motion.

Method -- Connect front and hind ends through the barrel. Emphasize horizontal line cohesiveness.

Fifth Session

Purpose -- Reinforce changes after horse has practiced his discipline.

Method -- Maintain flexibility of fascia while horse strengthens into an integrated movement pattern.

What's in a Session?

- **Movement Analysis**

- **Hands-on Bodyscan**

What moves freely, holds tensions, is tender?
Where is horse cautious about being touched?

- **Create a Bodymap**

Devise the best sequential plan to unravel compromised muscular and imbalanced myofascial relationships

- **Hands-on Bodywork**

Release adhesions, rebalance skeletal structure

All work done with sensitivity and at a depth and speed your horse readily accepts

What Are the Results?

Chronic adhesions release their hold, the horse's structure realigns so he can move more efficiently, and the flexibility and range of movement of the fascial planes increases.

Freedom of movement emerges as the different layers begin to glide effortlessly over one another, bringing more potential energy and power to the muscles and rhythmic grace and smoothness to the horse's gaits. Your horse moves, feels, looks and is more sound.