

Here is a wonderful example of a student and the talks she gave. Enjoy!

SARAH SANDER PUBLIC TALKS

This was my first presentation. I was grateful to have support from several of my friends in the weeks leading up to this talk in

1. helping me shop for appropriate, comfortable and affordable presentation clothing as I am pretty challenged with both shopping and clothes
2. listening and giving feedback during my practice sessions.

I started by asking the audience about their experience with massage:

- * who has had massage?
- * who gets massages regularly?
- * gets their horses massaged?
- * and then I asked for a few known benefits of massage?

I reinforced the benefits and then explained that people often mistake what I do for massage because from the outside it kind of looks like massage. I explained about connective tissue and used a nylon stocking to help with the visuals. After the CT explanations I asked for a volunteer to be my horse.

I wrapped my horse's front legs and shoulders with saran wrap and then asked the horse to move as if she had injured her left front foreleg. That showed how reducing movement in one area would increase the use in another area. We got to see how damaged areas can form both immediate scar tissue at the injury site, and also how the body adds supportive connective tissue so the body could have more support to compensate while the injury is healing. The person that volunteered to be my horse was very animated and that made it even more fun, people were smiling and laughing.

It was easy to tighten up the saran wrap (connective tissue) at the shoulder and also in the scar tissue area. I also simulated asking the horse (after it had healed) for a left lead and then for a right lead. With the saran wrap tight in the shoulder- it was hard for the person/horse to pick up a right lead, and cross over in front.

Horses are prey animals and are really good at compensating and hiding vulnerabilities from predators. They are wired to do that and some of the things that they might do that would give us an indication that they aren't moving freely and comfortably in their body. I went into trust and relationship a little bit and also the unique aspect of this work — concentrating on what is working right in the horse's body, not just what is wrong. I used an example and listed some reasons I love doing this work. I thanked everyone for being a great audience, sent around an e-mail list for them to sign if they wanted to receive my newsletters and also passed out the article I wrote (printed in a newsletter format) and a flyer that I asked them to put up at the barns where they keep their horses.

The talk was 40 minutes long followed by ten minutes of Q & A. The questions they asked were awesome and told me they understood what I talked about. During the break afterward, four people approached me to talk about the work and to tell me about their horses. The audience was about 20 people, average age was probably 50, owned 1-6 horses each, and they all did lots of trail riding. Twelve people signed my e-mail list and everyone took a flyer and newsletter copy. Feedback was really positive and everyone that I talked to loved the saran wrap.

The room where the meeting was held was the dining area in a country club. This was challenging as people were sitting at tables facing odd directions and there were posts in the way. I had to move around a lot to be able to physically make eye contact with everyone in the group and to make sure that everyone could see my visuals.

I am glad that I practiced a lot before hand. I was nervous when I got there but once I started talking, that passed and I really enjoyed telling people about this work that I love! I also really appreciated having two of my friends come to support me that night. That really helped take the edge off and I had trusted and valuable feedback from them as well. I already have one evaluation scheduled from that talk.

Intermediate Horsemanship at University

This was my second gig and I was a lot more confident going into it. It was a small class of 8 students and their instructor. I used the same talk-

it was about 45 minutes this time and the girls only had a few questions. None of them were horse owners, average age was 22.

I asked for a volunteer to be my horse model but the student was shy and needed encouragement. The instructor asked the class to turn in written feedback and I got 8 very positive and helpful reviews. Again, everyone loved the saran wrap demo, one person was going to look into SI for her own body, and one person wanted to know where she could learn more about scar tissue. This was a classroom so it was easier to see everyone and I didn't have to move around as much- good eye contact from and to the group. I passed out my article and e-mail list and everyone gave me their e-mails.

As they were not horse owners, there were no sessions to book after but it was good practice for me and I enjoyed doing it. I was really amazed at how much fun I had with this group. I enjoy connecting with people and having the opportunity to tell others about what I do and why it is so cool. I am looking forward to taking this show on the road again and getting even more practice!

Sarah Sander