

Session 1

- Purpose:
1. Gain Trust
 2. Work Out Compensations
 3. Establish Core Holding Pattern
 4. Work Each Part of the Body Individually

Process: Introduce yourself.

Do a patdown.

Work from the area of least concern to the area of most concern.

Start with light pressure and slow stroke speed.

Work deeper as the horse permits.

Use energy.

Ideally do strokes 1-15 two passes on each side (precise order is not vital).

Try to complete the session within one and a half hours.

Allow about 1 week to pass before doing session 2.