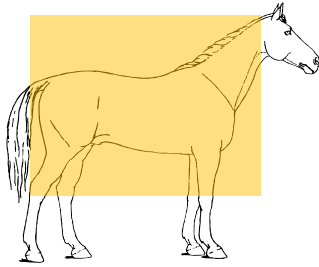


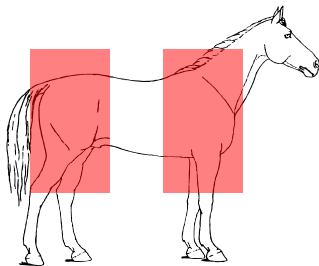


Equine Natural Movement Series Five Session Overview



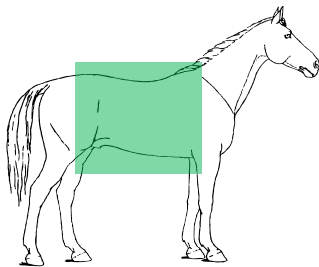
Session One – Setting the Stage

- Build trust and develop rapport
- Release superficial adhesions and tension in connective tissue
- Develop a body map of core holding patterns for reference in future sessions
- Allow 1 week before performing session 2



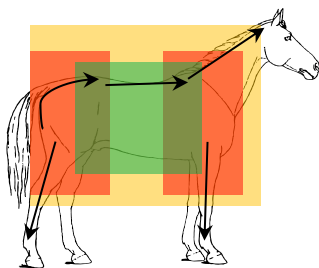
Session Two – Building the Foundation

- Continue to build trust
- Assess changes since the previous session
- Clear tensions and adhesions in shoulders, hips, hind quarters
- Results: increased range of motion and flexibility, lengthened stride, increased balance and stability
- Allow 1 to 2 weeks before performing session 3



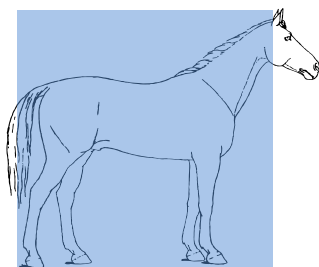
Session Three – Releasing the Core

- Assess changes since the previous session
- Open the rib cage, release tension in the topline
- Results: improve respiration and thoracic spinal mobility, increase barrel flexibility
- Allow 2 to 3 weeks before performing session 4



Session Four – Reconnecting

- Assess changes since the previous session
- Target any remaining tension/adhesion spots
- Integrate and ground entire body
- Release deep restrictions across multiple joints, allowing muscle groups to work in harmony
- Results: unified, graceful, fluid movement
- Allow 3 to 4 weeks before performing session 5



Session Five – Fine Tuning

- Time between session 4 and 5 allows your horse to integrate all of the changes inspired during the previous sessions
- Perform movement assessment
- Fine tune overall structural balance
- Maintenance assessment/session 3-6 months

Disclaimer: Equine bodywork is a non-invasive, wellness modality aimed at enhancing performance in the healthy horse and is not intended to replace proper veterinary care. Always consult your veterinarian regarding the physical health of your horse.