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## INTRODUCTION TO MASSAGE & SADDLE FITTING FOR THE HORSE OWNER

### ONE DAY CLINIC ON SATURDAY 10<sup>TH</sup> NOVEMBER AT "CATHALLEN PARK" BUSHHELLS RIDGE ROAD, WYEE

#### WHAT YOU WILL LEARN:

- Why it's important to look after your horses muscles
  - Chiropractic v massage
  - Equine & human athlete similarities
- Basic Gait Analysis
- Alternative Therapies
- Signs of soreness
- Massage moves and Stretches
- Saddle Fitting
  - Saddle placement
  - Sweat marks
  - Importance of accessing saddle fit whilst horse is in motion
  - One saddle will not necessarily fit every horse, even with a changeable gullet



#### FACILITATOR: NATALIE SMITH

Natalie has been an accredited Equinology Equine Body Worker since 2004. She is a founding member of the International Equine Body Workers Association (IEBWA) Australian division. She has a successful Equine Massage business servicing clients in the Hawkesbury and Hills District of Sydney, through to the Central Coast and up into the Hunter Valley and Port Stephens areas.

**Saturday 10<sup>th</sup> November, 2018 - 10:00am – 4:00pm**

**Hosts: Sonya Maher – "Cathallen Park" Bushells Ridge Road, Wyee**

(Central Coast)

**Cost: \$180.00**

**Contact: Natalie Smith Ph: 0411 113 045 or Sonya Maher Ph: 0405 552 659**

**OR Email [natalie@equinemassage.com.au](mailto:natalie@equinemassage.com.au) for a registration form.**

Morning tea included.