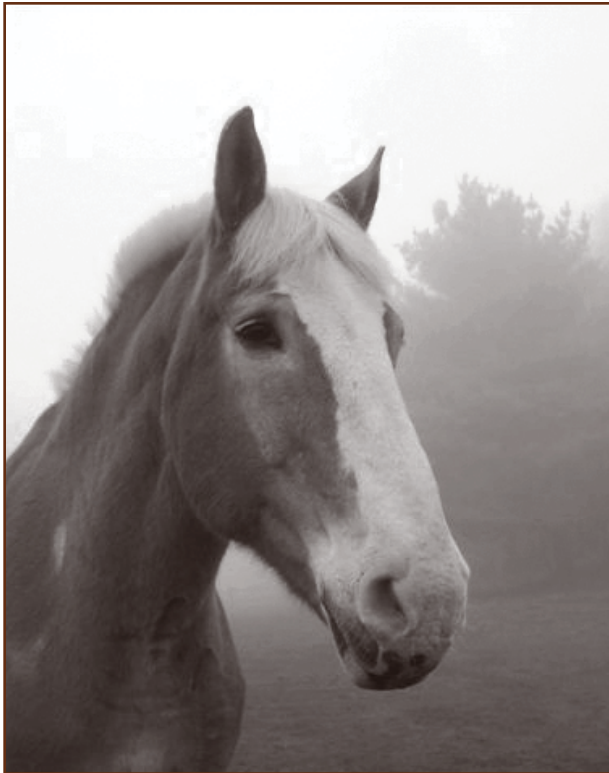


Equine Natural


M O V E M E N T

Every equestrian – owner, trainer, rider of show horses – wants their horse to have every possible edge in competition. Equine Natural Movement can help provide that edge. Similarly, every owner of a pleasure or draft horse wants the assurance that their horse is the best it can be. As flexibility and the range of movement increases, your horse is more sound. A balanced horse uses his muscles in harmony.



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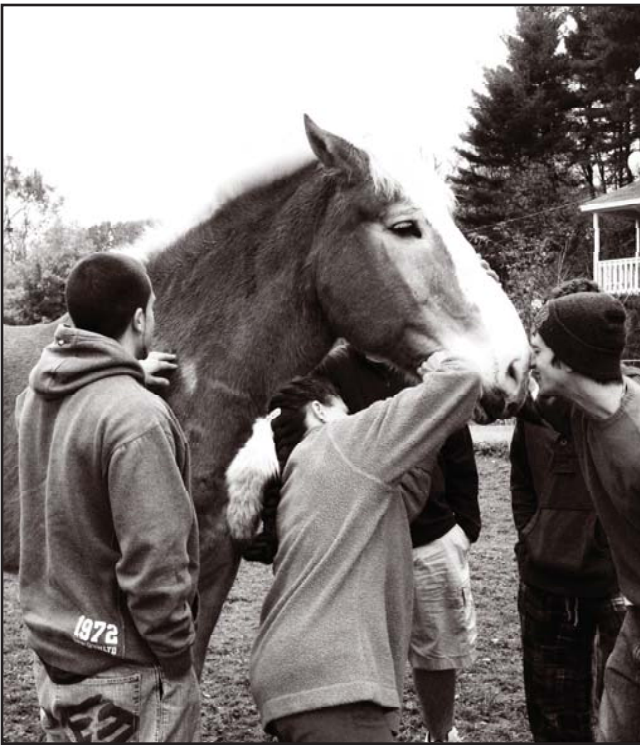
BODYWORKS

H O R S E I N H A N D

Judith
Lindstedt
www.equusbodyworks.com



Give your horse the competitive edge...
...return the horse's body to its ideal balanced state.



Judith Lindstedt

**Certified Equine Massage Therapist
MEd – CAGS – ENMT**

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www.equusbodyworks.com

What would be equivalent to Equine Natural Movement (ENM) for humans would be the alternative therapy named Rolfing. The soft tissue technique named after Ida Rolf, PhD, who began teaching the method of Structural Integration in 1971, is considered a viable treatment for recurrent muscle tension. In both ENM and Rolfing, stress is relieved and bodies are balanced through manipulation of the elastic substance, or fascia, that surrounds muscle mass.

Equine Natural Movement (ENM) is an organized series of sessions to rebalance the connective tissue that covers the muscles. The first three sessions bring back more ease of movement to each muscle. The next two sessions incorporate that ease into your horse's entire movement pattern to establish overall structural balance. The hands-on bodywork teaches the horses to be more aware of how his structure is balanced, how to use his body more efficiently, and how the individual parts of his body are related to each other.

The results of a successful series are that the horse becomes more focused, has an increased range and fluidity of movement, and a more harmonious movement pattern – strides become longer and gaits are smoother.

Every equestrian – owner, trainer, rider of show horses – wants their horse to have every possible edge in competition. Massage therapy can help provide that edge. Similarly, every owner of a pleasure or draft horse wants the assurance that their horse is the best it can be. Because of the health promoting qualities of massage, as well as its curative properties, this therapy is being considered and incorporated by knowledgeable equestrians as an integral part of their horses' total and continuous health care program.

After a session, walk your horse a few minutes so you can integrate the changes into his body, and if possible, turn him out to play. Don't ride for the rest of the day so your horse can move without your weight. The next day do half the normal workout so he can move around and learn what is different in his body.

- *Sessions are 60–90 minutes.*
- *Cost is \$100 per session.*
- *Owner/Trainer must be present.*

Equine natural movement is not a substitute for veterinary care. It should be used in conjunction with veterinary care to help keep your equine companion in optimum shape.

