



**HORSES INSIDE OUT**

## Equine Massage Day Course

**Saturday 10<sup>th</sup> April 2010**

**At: Field Farm Therapy Centre, Wymeswold, Leicestershire. LE12 6ST.**

Led by **Gillian Higgins**, Sports and Remedial Physiotherapist for Horses and Humans, this course is open to horse owners, riders, students, therapists. The course will look at the muscular skeletal system, massage techniques, stretches and pilates type exercises for horses. There will be plenty of hands on participation. Tea and coffee will be available throughout the day but you need to bring a packed lunch.

Places, which are limited and cost £65 per person, will be allocated on a strictly first come first served basis.

### Programme:

- 10.00 Welcome and Coffee
- 10.30 An Introduction to the Muscular Skeletal System
- 11.30 A demonstration of basic Massage Techniques
- 12.30 Lunch
- 1.30 Hands on Experience
- 02.00 Demonstration of Stretching Exercises
- 02.30 Practical Application of Stretching Exercises
- 03.00 Any Questions?
- 03.30 Close

\* Horses Inside Out certificates of participation will be awarded. These may count as CPD hours for therapists. \*

The Horses Inside Out publication: '**Pilates and Stretching – An Exercise Index for Horse Owners**', the book '**How Your Horse Moves**' and '**Horses Inside Out –The DVD**' will be available on this course.

For more details or to book a place, please ring **01159 212 648** or **07947 242 262**

**[www.HorsesInsideOut.com](http://www.HorsesInsideOut.com)**  
**[www.EquineMassagandManipulation.co.uk](http://www.EquineMassagandManipulation.co.uk)**