



# HORSES INSIDE OUT



*Presents*

*A Day Course for Horse Owners*

## Massage & Pilates for Horses

**Saturday 31<sup>st</sup> March 2012**

*At Elms Farm, Costock, Loughborough, Leics. LE12 6XA*

Led by **Gillian Higgins**, Sports and Remedial Therapist 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 £75 per person, will be allocated on a strictly first come first served basis.

### ***Programme:***

- 09.00 Registration, Tea and Coffee
- 09.30 Introduction
- 10.00 The Musculo-Skeletal System and Surface Anatomy Demonstration
- 11.00 Palpation and Surface Anatomy Practical Session
- 11.30 Demonstration of Massage Techniques
- 12.30 Lunch
- 01.30 Hands on Experience - Practical Massage Session
- 02.00 Demonstration of Pilates and Stretching Exercises
- 02.30 Pilates and Stretching Practical Session
- 03.00 Massage Routines Demonstration
- 03.30 Any Questions
- 04.00 Close

\* **Horses Inside Out** certificates of participation will be awarded. \*

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

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

**WWW.HORSESINSIDEOUT.COM**