



HORSES INSIDE OUT

Newsletter January 2011

Incorporating Equine Massage and Manipulation



2010 has been a fantastic year, with visits to Kentucky, Brazil, South Africa and Holland; as well as countless demonstrations throughout the UK.

The diary is looking very healthy for 2011, with return visits planned for Brazil and South Africa, as well as enquiries from other European countries.

Gillian's blogs and photos from all events can be found on our website www.horsesinsideout.com.



2011 Horses Inside Out Conference: 'Posture, Performance and Injury Prevention'

5th and 6th March 2011 Stow on the Wold. Gloucestershire

'The Science Behind Training'

Dr Rachel Murray

Injuries and Warm Up

Eric Smiley

Training for posture

Dr Andrew Hemmings

Training & the horse's brain

Gillian Higgins

Postural Problems

Dissection Programme

22nd Jan – Cranium

5th Feb – Fore & Hind Limb

26th Feb – Spine Dissection

Open to all

[Click here for Schedule](#)



Visit our [Bookshop](#) for more information on our best selling books and DVD.



Details of all our demonstrations are on our website. [Fixtures are open to all.](#)

10th and 11th September Biomechanics Course

If you would like to register an interest or to receive further details please email

Shirley@horsesinsideout.com

12 June 2011

Massage for Horse Owners

Please ring to book your place.

0115 212 648

[Fancy holding your own massage course at your yard or club?](#)

Video Based Lectures

19th Jan – A pain free mobile back

16th Feb - Legs & tendons

9th Mar- Digestion & feeding

[Click here for more info](#)

2011 Therapy Prices



Human & Equine



Initial Consultation- £50

Subsequent Visits- £45

07947 242 262

If you would like to arrange a demonstration, big or small, for your club, yard or organisation with either a painted horse or slow motion photography

[E-mail Shirley](#)

Or Call **0115 212 648**



www.HorsesInsideOut.com

