

# Equine Massage Day Course

**Wednesday 26<sup>th</sup> October 2011**

**Stonehaven, Witham Friary, Frome BA11 5HH**

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 £65 per person, will be allocated on a strictly first come first served basis.

## Programme:

09.30 Welcome and Coffee

10.00 An Introduction to the Muscular Skeletal System

11.30 A demonstration of basic Massage Techniques

12.30 Lunch

01.30 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. \*

To book your place,  
please contact mobile: 0777 3032670 or landline: 01749 850197  
or email: [Jacquie.flyingfox@virginmedia.com](mailto:Jacquie.flyingfox@virginmedia.com)