



## Lightwave Healing Arts

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www.lightwavehealingarts.net



### Does your horse:

- " Have pain?
- " Refuse or resist leads?
- " 'Hang a leg' over jumps?
- " Have head or neck discomfort?
- " Have a shortened stride or uneven gait?
- " Scuff a hind leg, or trip up or down hills?
- " Track improperly?
- " Have hip and/or shoulder lameness?
- " Make faces at the saddle or resist girthing

# Equine & Rider Rolfing® Clinic

Rolfing® Structural Integration for the rider can help to create a stronger, more stabilized core from which you can move with balanced ease. For your horse, Rolfing® can ease inhibitions and lesions from poor rider posture, saddle fit, or handling.

Furthermore, a Rolfing® series can profoundly alter stress and compensation patterns that interfere with effective horse-and-rider communication, leading to improved gait, balance, and movement.

This 3-day workshop will provide you with awareness and tools for allowing your body-mind to communicate more freely with your horse—thereby allowing your horse to respond in the manner you intend with less strain.

- Day 1:
  - " Structural analysis of rider on and off their horse
  - " Rolfing session with horse
- Day 2: Rolfing session with rider
- Day 3: Combined horse and rider session designed to evoke new movement patterns in rider—allowing horse to respond more freely.
- Cost: \$350
- Location:
  - " For horses—to be determined
  - " For riders—595 Dorset St, Suite 7, S.Burlington
- Dates: July 9-11; Aug 27-29; or Sept 3-5

To register or for more information, please call Robert at (802) 865-4770 or (802) 453-4943