



HORSES INSIDE OUT

Equine Massage Day Course



Sunday 5th September 2010

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

Name:

Email:

Telephone:

Mobile:

Address:

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Profession:

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
- 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

Led by **Gillian Higgins**, Sports and Remedial Physiotherapist for Horses and Humans, this course is open to horse owners, riders, students and 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.

Please ring for availability **01159 212 648**

Please make cheques payable to Gillian Higgins, 38, Main Street, Bunny, Nottingham NG11 6QU

For PC Banking use: First Direct: Sort Code 40-47-73. Gillian Higgins. Account No 00653047 and reference with your name. **Email application to shirley@horsesinsideout.com.**

www.HorsesInsideOut.com

www.EquineMassageandManipulation.co.uk