

Equine Musculoskeletal Unwinding

www.HolisticHorseWorks.com

Mau, Hawaii ~ 808-868-1828



Releasing Trapped Emotions
Releasing Defense Posture
Accupressure Energy Work
Applied Kinesiology
Horse Yoga

Osteopathic and Myofascial
type muscular and skeletal
releases for bringing
your horse back to
proper form and function.



Holistic HorseWorks LLC

~ Helping People Help Their Horses ~

Clinic Host Information

Level 1 and Level 2 Clinics are 3 days in duration; Level 3 is 2 days.

Completed online Registration Form and a \$250 deposit are required to hold a student's space.

Each student completing the entire clinic will receive a Certificate of Completion.

Student Cost: \$750 US per student and \$800 International. Maximum number of students attending is eight, including the host.

Auditor Cost: \$275 US per student and \$300 International. This includes the online workbook that students will also receive to follow along with the class. Maximum number of auditors is 15.

There is no charge for the Clinic Host and he/she may charge a booking fee to the students and auditors.

The Clinic Host will collect April at the airport upon arrival, take her back to the airport for departure, and hosts her at their facility. This keeps down the travel costs so she can keep the cost of the classes affordable for the students.

This is a hands-on training course and each student will work on four different horses. Students should have a general knowledge of how to handle a horse before joining the clinic and will be required to sign a liability release. Students may bring their own horses (they should contact venue host about requirements), but other students will probably work on them, unless they are unsafe to handle or have other special needs requirements.

What your venue should be able to offer:

- A place out of the sun, wind, and rain
- Flat surface
- Preferably a place where all horses can be soft tied, where April can observe all the students. An area with enough light – we have done clinics in barn aisles, stalls, and also indoor arenas, etc.
- Bathroom nearby
- Break room or classroom where we can go to talk in between hands-on work. All days start in the classroom.
- Chairs
- Availability of a TV or laptop to watch the DVD on the first day
- If the weather is cold, somewhere students can get warm beverages - coffee or tea
- Extra spray bottles and name tags

Host should make a list of 4 groups of horses. One horse per student always, and the student will see same horse each group.

- Group 1 being the quietest to stay tied for a long time.
- Group 2, easy to tie.
- Group 3 can be more lively, and saving any problem horses for Group 4 when the students feel more confident.
- Group 4 is the final exam horse.

Each student needs three separate horses to work on for three days, plus one fresh horse on the last day, for a total of four horses per student. So 32 horses total are needed for 8 students.

Horses should not be worked or ridden during the clinic days they are being worked on and for 2 days after, preferably.

Groups 1 & 2 horses on Day 1.

Groups 3 & 1 horses on Day 2.

All horses on Day 3.

The last group of horses on Day 3 (which is Group 4, horses not yet worked on) can be hauled in about noon so they can settle for their 3:00pm bodywork.

Every day starts in the classroom at 9am sharp for information.

Day 1:

1:00pm - Group 1, which should be very quiet horses, easy to stand tied for long periods.

3:30pm - Group 2 horses should be available. Always 1 horse per student.

We only do 1/3 of a horse per day and day 1 is neck unwinding.

Day 2:

11:00am - Group 3 horses

We will take a lunch break then work on same group 3 horses after lunch, so if they can stick nearby is good.

3:00pm - Group 1 horses should be available. Day 2 will be learning mid section ribs and withers unwinding.

Day 3:

11:00am - Group 2 horses

On Day 3 we learn hind ends and finish up Group 1 and 3 horses as well. Only takes approximately 15 minutes per horse after lunch, as each class runs differently by the pace the students can take in the information. At about 3-3:30pm they take a break and get their Group 4 final exam horse to run it all together. Then they get their certificate.

*Conformation is what the horse is born with.
Posture is what develops from a body in pain and unable to move correctly.*

What you will be learning:

- Basic understanding and applied use of acupressure and how the energy meridians affect the whole health and wellness of the horse. Level 2 goes more in-depth.
- How the balance of the hooves affect the organs, thus affecting the whole wellness of the horse; as well as the imbalance of the hooves affecting the joints and muscles higher up.
- How to balance the Yin/Yang of the horse.
- How to do Defense Posture Releasing: releasing the muscle pattern developed of Fight or Flight Response in the horse. This needs to be done before any muscular/skeletal releases are ever done.
- How to muscle test and use applied kinesiology basics. Level 2 Clinic goes more in-depth into kinesiology.
- How to feel for energy blocks in the horse's system and release them.
- How to palpate for sore or overly tight areas of the equine body to determine where the key issues are located. This includes lameness checkpoints.

Continued...

- How to find the source of the issue. Typically you will find most people are treating the area of the horse that hurts. This is the 'compensation' point of the body part that was so overloaded it can no longer do its job, which results in mysterious lameness. Find and treat the cause, then the symptom will heal faster. Mysterious tendon, suspensor or hock issues are just a body part doing too much and working too hard, because another body part cannot do its job properly.
- Learning Osteopathic type muscular and skeletal releases to unwind the equine body and bring it back to proper form and function. Students will notice the horse gets about 4" longer 2" taller and looks to have gained 20 pounds as the fascia softens and relaxes.
- Learn the difference between "Conformation" and "Posture."

Prerequisites for the 3 Day, Level 1 Clinic:

To have watched all 3 DVDs listed below and be practicing the moves **prior** to the clinic. This clinic is to fine-tune your techniques illustrated in the DVDs. April's plan is to teach you new concepts in the class so please study your homework. April will help you learn the touch and feel of the moves in-depth. No previous experience necessary.

1. Dr. Regan Golob's DVD (purchased separately)
2. April's online workbook and 2 DVDs: "Horses are Talking" and "Equine Cranial", sent when the student deposit is paid or auditor spot is paid
3. Equine Acupressure book - Tall Grass Publishing
4. Dr. Bradley Nelson's "Emotion Code" book, which can be downloaded to a Kindle and is offered for free on April's website under the "Look Here" tab
5. Recommended, but not necessary, Jack Meagher's book "Beating Muscle Injuries for Horses"

April also offers additional clinics to expand your knowledge and skills:

Level 2 Clinic: Applied Kinesiology

Prerequisite: Level 1 Three day clinic.

Level 3 Clinic: Cranial Decompression

April offers a special 2 day clinic: Cranial Decompression for any cranial sacral equine workers already doing the work. April has developed some unique moves which have been reversing the symptoms of Uveitis, IR, and Cushing's thus helping laminitic horses as well.

Half Day Seminar – Optional: It can be a potluck in the evening.

April teaches a 2-3 hour seminar for the general public to learn how to hands-on identify issues their horse is having. It is like the 1 hour clinic video that is free on Holistic HorseWorks' YouTube channel: <http://www.youtube.com/user/HolisticHorseWorks>.

Continued...

April talks for about an hour and answers your questions.

- Students go outside as a group to touch, feel, and identify the areas of the horses' bodies that are too tight and not allowing proper movement.
- The difference between conformation versus posture is discussed; what are we really looking at when we view a horse.
- Identify where the premature arthritic conditions are starting and what can be done to prevent them.
- Identify where training and behavioral issues are starting from. Pain in the body causes a horse to be unable (not stubborn) to do the move we are asking of them.

Entrance fee is about \$35 pre-paid and \$45 after the registration deadline. Part of the fee goes towards April's airfare and the rest is for the host organizing the seminar. April travels with a portable microphone. All students and paid auditors attend free.

Additional information:

April Battles

Cell: 808.868.1828 (9am-5pm HST)

Email: April@HolisticHorseWorks.com

Flyers for clinics and seminars will be provided by us for you to fill in your information and advertise and market for enrollment in your clinic.

Clinics will also be advertised using Holistic HorseWorks' social media sites with 16,000+ contacts and through Constant Contact emails reaching 1,700+ direct contacts.