



Karen Small

Creating space for healing and change

Take the stress out of the Holidays!

20% off equine bodywork, massages and gift certificates purchased in December (Including packages and series)

Wellness is so much more than the absence of illness... It is a path towards a healthy balance in mind, body and spirit. Regularly receiving bodywork is a fundamental step along that path.

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Have you been jealous of your horse's bodywork? Try Myofascial Release Massage

Horses and their riders face unique challenges in maintaining properly balanced structure. Due to the highly connected interchange between horse and rider when they perform as one, imbalances in one can be shared with the other. If you found that your horse was not able to maintain the new balance achieved with the Equine Natural Movement series, you may want to consider whether part of the problem may be coming from structural imbalances in your own body.

Myofascial Release Massage, like Equine Natural Movement, is focused on the fascia of the body rather than on your muscles. Fascia is a type of connective tissue that wraps all the muscles, organs, nerves, blood vessels, and bones of your body. When fascia is damaged it becomes rigid, inelastic, and shortened. The muscle layers can become stuck together and the muscles can become shortened. This results in loss of range of motion and weakness in the muscles.

Myofascial Release Massage focuses on stretching out the fascia and releasing adhesions, resulting in less pain, stress and tension in your body, along with increased range and ease of motion.

**Learn more about this technique online at my website:
www.KarenSmall.com**

Upcoming Events

Coming this spring: Equine Natural Movement clinics. The clinic will be a two day long course focused on learning more about fascia and its importance in your horse's performance, learning how to work with your horse's fascia, and finally, learning how to give your horse a basic session.

This winter: I will become an advanced practitioner of Equine Natural Movement after completing the Advanced Course: Advanced Series Work, Horse Psychology and Wisdom taught by equine behavioral ecologist Mary Ann Simonds and Structural Integration innovator Allan Mutschler.