

# Barbara Breckenfeld

## Movement in Balance – equine bodywork & healing

Our horses willingly work with us in so many ways. They are receivers of energy, and periodically need support to let go of stresses they aren't able to release on their own. Horses benefit from bodywork support as our collaborative partners whether they are ridden or not.

- **Anatomy**
  - Fascia is an amazing, intelligent network in our bodies that can heal itself with good care!!
  - 4 ways to care for fascia: hydrate, non-stressful movement, bodywork, stay flexible.
- **Bodywork Modalities**
  - There is no one size fits all – there are hundreds of ways to heal w/touch & energy.
  - Your presence & intent are more important to the horse than technique.
- **Offering Bodywork to your horses**
  - Healing & learning happen in the place of rest & digest.
  - Ground yourself. Be curious. Touch IS conversation.

I hope you're inspired to explore some of these ways to support your horse physically & energetically.

**I'd love to hear from you!**

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