



# EQUESTRIAN WELLNESS CLINIC

A day devoted to the well-being of you and your horse.

**Saturday, FEBRUARY 22<sup>nd</sup>**

## Schedule:

### 9:00-10:00am Yoga

A refreshing experience for all levels. This is geared to setting the mood for the day. Relaxation and being in tune with our bodies as well as our horses bodies. We will work on core strengthening as well as breathing technique and meditation to improve balance.

### 10:30-12:00am Equine Massage basics

A sit-down session on the science and anatomy behind equine massage and maneuvers to provide comfort to your horse. Geared toward teaching about bones and muscles and the relationship between them.

### 1:00-3:00am Hands-on application of equine massage

A session to practice the exercises reviewed in the morning. Horses will be provided by Roaring Brook Equine.

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## Morning Yoga Class With Fallbrook Stable and Yoga

certified yoga instructors by Lex Gillan founder of The Yoga Institute.



Yoga strengthens the core and increases balance while being in tune with one's self.

## Equine Massage With Allison Halverson

Equine sports medicine therapist



Sports massage focuses on specific muscles or muscle groups, and it is used not only to maintain healthy muscles, but also to rehabilitate injured tissue

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**Cost for the day is \$50 and reservations are required.**

**10\$ for yoga portion only and 45\$ for massage portion only**

**Lunch and refreshments will be provided. Please bring yoga mat.**

**Location:** At the new (heated) Roaring Brook Equine facility on the Bealuk rd, 1 mile south of Lowville off rte 12. Please contact Dr. Lindsey to reserve your spot. 315-489-9790 or [drlindsey.rbvs@gmail.com](mailto:drlindsey.rbvs@gmail.com)