

INTRODUCTION TO EQUINE MYOFASCIAL RELEASE

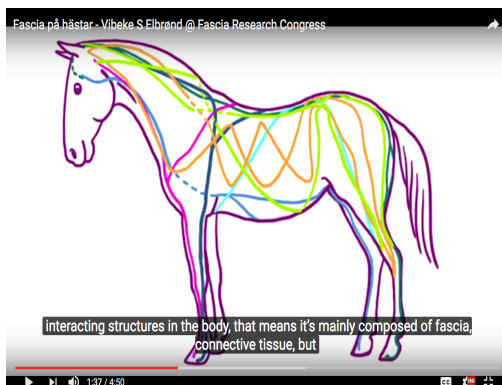
A Two Day Class of MFR Theory and Hands-On Instruction

Join Karin for instruction that will cover the practice of MFR and recent research on the lines of 3-D myofascial tissue throughout the horse. Learn how we can facilitate the release of tension and restriction at a deeper level and help the horse resume a balanced and more comfortable life.

The goals of MRF:

- Release patterns of strain
- Relieve soft tissue & nerve pain
- Restore range of motion & postural distortion & compensation
- Restore strength and endurance
- Return the horse to his athletic function

Karin Quayle BS, MA is a Licensed Massage Therapist and Certified Equine Sport Massage Therapist. She has practiced since 2002 and has completed over 1500 hours of education and hands-on instruction in numerous equine and human modalities. She has studied with John F. Barnes, PT, the father of myofascial release and other human and equine MFR therapists. Her practice focuses on MFR and Cranio-Sacral work.



Date Saturday & Sunday November 2 & 3
9:00 – 4:30 each day
Cost \$295.00 includes instruction, materials and hands-on experience
Place Red Tail Farm
1100 Rattlesnake Bridge Road
Bedminster, NJ

Prior massage experience is not necessary. Safe horse handling experience is necessary to participate in the class. For more information or to register for the class, call or text Karin Quayle at 973-255-7826 or email at karinquayle@gmail.com.