

Classes to Balance and Center the Rider

Balance in our bodies allows us to move freely in harmony with our horse.

Balance in our tissue and muscles allows us to ride pain free.

Balance in our mind allows us to think clearly and rationally.

Balance in our spirit allows to be patient and joyful while we ride.

What is Myofascial Release?

MFR is a hands-on communication with the body to gently and naturally release the fascial restrictions that pull our body out of alignment. It is a very effective hands-on technique that provides sustained pressure into myofascial restrictions allowing the body time to adjust to the change. Myofascial release is comprised of three interwoven techniques including deep tissue release, rebounding and unwinding. It is an interactive technique teaching you how to treat yourself and feel what your body needs to heal.

Starting January 21st, 2010

from 6:00 - 7:00 pm

at Cross Creek Stables

7565 State Route 42, Waynesville, OH 45068

Jocelyn Metzger will be offering Myofascial Release Self treatment classes. All classes will begin with a meditation to gain more inner awareness and focus. The class will then proceed into self treatment methods to ease pain and tension while balancing the body in a calm relaxed manor allowing for permanent change. At times, we will use the horse to gain more connection and unity with the horse as you ride. The classes will also provide education to both the human and horse anatomical movement patterns and how our alignment affects the horse's ability to move and understand our requests.

What to wear: Comfortable, loose fitting clothes

Cost: The initial class on Jan. 21st is complimentary. Following classes will be \$10

How to sign up: Contact Jocelyn Metzger via phone or e-mail

Sunshine Therapeutics

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