

## Talks and courses

Last year, our courses and talks proved very popular, so we will be holding more this year....

Equine and Canine Solutions would like to invite it's clients to an evening talk .....

### *“Take the Well-being of your Horse to the Next Level”*

We'd like to invite you to an informative evening lecture entitled “Take the Well-being of Your Horse to the Next Level” it will include introduction to core stability of the horse and rider, massage and rehabilitation. As you can see a lot to cover!!

The talk will be held at Ashbrook Equine Hospital, Middlewich Road, Allostock, Knutsford, Cheshire, WA16 9JQ on the **17th February 2011 at 7.00 p.m.**

There will be a £5 admission fee but all proceeds are to go to charity split between the RDA and Zoe's Place a charity providing respite care for young children. This will be a great opportunity to meet the team and should be a fun and enlightening evening for everyone.

## Lunging, long lining and rehabilitation courses

Adverse weather last year meant we had to cancel our course but this year we're back holding two lunging courses.

The first Lunging and Long Lining course will be held on the **19th March** and will cover when, why and how to Lunge. This will include theory and lots and lots of practical instruction. By the end of the course you will be competent to long line and lunge in a pessa and side reins and will know when to use each one.

The second course, Lunging and Long Lining for Rehabilitation and Fitness, will be on the **21st April** and will include advanced long reining, performing lateral work and a mini dressage test from the floor. It will cover rehabilitation, when, why and how. Practical rehabilitation using poles. Theory on rehabilitation of an injured horse and fitness programmes. Again with lots and lots of hands-on practical instruction.

Prerequisites for the Fitness and Rehabilitation day will be attendance on a previous course or a summary of experience. The cost will be £69 for one day or £125 for two days (to include lunch and refreshments), places are limited. A deposit of £20 will reserve your place. To be held at Delamere Manor, Cuddington, Cheshire.

## How massage can help your horse



This has been very popular for a number of years. The course will cover basic anatomy, muscle function, massage theory including history, techniques, stretches and massage routines to help your horse. There will be extensive supervised practical experience.

The course is to be held at New Barn Livery, Chelford Road, Ollerton, Knutsford, WA16 8SZ on the **19th February**. The cost will be £69 (to include refreshments during breaks and lunch). Again a deposit of £20 will be required to secure your place. Places are limited so we can ensure maximum practical experience, so give us a ring to book your place as soon as possible!

