

# MASSAGE YOUR OWN HORSE

## WORKSHOPS

*One Day Workshops with*  
**JO OSBORNE**

BHS IT/Int SM & Equine Sports Massage Therapist (ESMAT)  
with over 10 years experience in human and horse massage.  
encouraging you to explore giving your own horse a massage!



*Available at your own yard on the day of your choice to small groups of between 4-6 people with their personally owned horse/s.*

*Very practical sessions for real health benefits. Know more about your horse's personal tensions. Fantastic for alleviating tensions and stress and spending quality time with your horse.*

### YOU WILL:

- Learn to feel the muscles & bones
- Trust your intuition and learn to feel through your fingers.
- Find any soreness or tightness and relieve the owchy bits!
- Know which bits to avoid and when to seek professional advice!
- And much more...

### SOME EXCELLENT TECHNIQUES & LOTS OF GUIDANCE

Please email [jo@joosborne.co.uk](mailto:jo@joosborne.co.uk) or telephone.  
Join the e-newsletter and be kept informed of up coming activities  
[subscribe@joosborne.co.uk](mailto:subscribe@joosborne.co.uk) or register via the [Home Page](#)

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## Also available

**An Equine Sports Massage Session For Your Horse**

**And You!!**

**By Appointment**

[www.joosborne.co.uk](http://www.joosborne.co.uk)

01425 478769 or 07771 870389

