

# YOUR GRATEFUL HORSE

Volume 2, Issue 2  
Winter 2007

## SEMI-ANNUAL NEWSLETTER

WWW.YOURGRATEFULHORSE.COM

“Empowering Horse  
Handlers with  
Bodywork Skills”

### INSIDE THIS ISSUE:

**Mystery Of Asymmetry**  
*Case Study: SAM*

1

**Website Updates:**  
*See Video Clips & More...*

1

**Mystery Of Asymmetry**  
*Case Study: Lil' Bear*

2

**Many Thanks:**  
*For your support...*

2

**The Navicular Horse**  
*Focus on shoeing*

3

**Workshop Descriptions**  
*Current Workshops Offered*

4

**Workshop Schedule**  
*See [www.yourgratefulhorse.com](http://www.yourgratefulhorse.com)*

4

**Products & Services**  
*See what's new!*

6

**Points of Interest:**  
*New Pricing for Workshops - Page 4*

*New workshops for Humans—Page 5*

*Next Issue:*  
**Before & After X-Rays of HEART Skull Alignments**

**3 Navicular Case Studies**

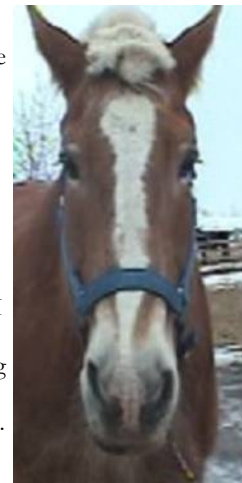
Your Grateful Horse workshops are designed to provide instruction in performing bodywork on your own horse.

Your Grateful Horse does not diagnose conditions, nor does it prescribe, perform medical or psychological diagnosis, nor interfere in any way with the treatment of licensed medical professionals.

### MYSTERY OF ASYMMETRY CASE STUDY: SAM



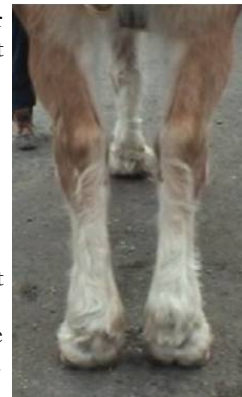
Sam works hard at Equi-librium Equine Assisted Services-carrying some of our heaviest riders. In the photo on the left notice the asymmetry and dull look about him. After the HEART Alignment he shows clear improvement in his face, especially in his eyes where he looks much more "alive".



The goal of bodywork is to achieve even symmetry throughout the horse. I start with the face and work towards the rear to achieve even weight bearing on all limbs and symmetry of movement through the head, neck and torso. The walk should look "sinuous from front to back".



**Left Photo:** Sam's Hocks and lower legs are showing asymmetry. His left hock, fetlock and hoof alignment appear very stiff as the stifle is rotated inwards straightening the leg, note he is also standing straight (front legs behind hind legs).



**Right Photo:** Sam's hocks are much more symmetrical in their appearance and his gait will reflect that symmetry. By having the joints aligned as his belly swings from side to side the stifles can clear the belly.

Sam shows his one-sidedness by standing crooked now that his joints are aligned. (More on alignment see page 2)

### WWW.YOURGRATEFULHORSE.COM: VIDEOCLIPS&MORE

Our website features video clips of the horses shown in our newsletter articles. Watch Sam and Lil' Bear in walk clips and see the difference. Follow the story of 12 year old Rodney

(Warmblood Gelding), Lytica (20 year old pregnant Arabian Mare) and Getta (14 year old Quarterhorse Schoolhorse. 3 horses diagnosed with Navicular who have run

out of traditional options (short of nerving). The YGH Navicular Team includes farrier, bodywork, Traditional & Alternative approaches to help you & your horse be your best.

MYSTERY OF ASYMMETRY CASE STUDY: LIL' BEAR



**FACE:** Lil' Bear is a miniature horse who works hard in Equilibrium's driving program.

**Left Photo** His eyes and right side of his face appears to be drawn upward.

**Right Photo** In the second photo his face is much more symmetrical after using alignment techniques taught in the HEART Workshop.



**HOCKS:**

**Left Photo** before alignment: Lil' Bear's left hock, fetlock and hoof alignment appear stiff as the stifle is rotates inward straightening the leg. When observed at the walk from behind his hind end stance is wide and he avoids bending the joints in his left leg. In comparison his right leg seems "wobbly" in the hock. Let it be noted that a wobbly hock can also originate from an asymmetrical shoeing or hoof trim.

**Right Photo** after alignment: Bear's hocks are much more symmetrical in their appearance and now his gait reflects that symmetry. By having the stifles, hocks and fetlocks aligned as he walks his belly swings and the stifles can clear the belly.



a contracted longissimus dorsi (LD) muscle and tight fascia tissue. The LD muscle runs from the base of the neck along the spine to the wing of the pelvis and also attaches to the croup. A horse keeps its body straight at the expense of the weak links at either end as can be seen in the face and hocks.

We can assist the horse overcome his/her onesidedness by gently stretching the rib cage and back muscles on the stiff side. Take the tail in one hand and halter in the other. **Gently** "in slow motion" pull the two ends together bending the rib cage away from you (you can see the bend by observing behind the shoulder and the flank of the horse.) Count to 15 and slowly release. **ALWAYS** stretch both sides of the horse. The older the horse be more careful as they tend to be more stiff.

**THE KEY TO ASYMMETRY:**

All horses are one sided to some degree. The "short or stiff" side of the horse has

MANY THANKS TO: REGION 3, NARHA, BLUE MOUNTAIN FARM, MAGNOLIAS AND SNOWBIRDS AND STABLE.COM FOR THE OPPORTUNITY TO SHARE AS I EXPLORE

As always Your Grateful Horse has much to be thankful for. I want to thank Blue Mountain Farm's Gretchen Gannon for hosting a 6 releases workshop, and the opportunity to speak with 4H kids on the value of bodywork for horses. Region 3 Confer-

ence was great and I met many new friends. Many thanks to Pebbles Turbeville in making the event successful and fun! Thank-you to those folks at NARHA (North American Riding for the Handicapped) for the opportunity to present at their Annual Conven-

tion on "Saddle Fit & Bodywork". The volunteers at the Shea Center deserve accolades for running a smooth show. I also want to thank Carl and Angela Rajski for allowing me to make Magnolias & Snowbirds my new home for Lytica my

beautiful now pregnant mare and invitation to run workshops. Many thanks as always to Equilibrium's Pat Saylor & Margie Manner for their continued support & Instructors Yvonne Darlington (who always said yes) and Michell Ressler who made my absences possible.

## Shoeing for the Navicular Horse– Boyd Gannon Jr. Shoeing Services



Observe and compare the pictures of this gelding before and after his new shoes.

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Head Nod</li> <li>2. Length of neck "Short and Upright"</li> <li>3. Tendency to "Undertrack".</li> <li>4. Tail held still and close to body</li> <li>5. Non-sinuuous movement thru the body</li> </ol> | <ol style="list-style-type: none"> <li>1. Head Swing</li> <li>2. Long and Relaxed soft underneath</li> <li>3. Tendency to "Overtrack"</li> <li>4. Tail free and swinging</li> <li>5. Sinuous movement front to back</li> </ol> |
|--|--|

### *Before Shoeing Front Hooves    Ater Shoeing Front Hooves*

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Compare the before &amp; after photos for heel length &amp; slope. The heel of the front left hoof is tall and has a steep forward angle putting the weight bearing portion of the hoof towards the rear of the hoof. The angle increased concussion at the heel and has caused them to contract.</li> <li>2. Damaged hoof wall exists in the before shoeing photo, but not after.</li> <li>3. Compare nail pattern before &amp; after. Before the line is relatively straight. In after photo the holes are on a diagonal plane.</li> </ol> | <ol style="list-style-type: none"> <li>1. In the After photo the whole hoof is shortened. Both hooves weight bearing surfaces' are increased and moved further back under the horse. (note more upright pasterns in the after photo.)</li> <li>2. Damaged hoof is now removed.</li> <li>3. The nail holes are indicative of the angle of the farrier's trim which has caused an increase in weight bearing surface.</li> <li>4. Compare the lines passing through the fetlock joint. The heel of the horse is ideally located directly at the other end of the line at the heel of the hoof.</li> </ol> |
|--|---|



## YOUR GRATEFUL HORSE

Practitioners:

**Tracy McGowan** is an avid horsewoman who is committed to creating opportunities for people to interact with their equine partners in a manner that increases mutual respect and understanding. Tracy has been practicing equine bodywork since 1993 from California to the East Coast. She is certified in Neuro-Muscular Release technique for humans and horses and is a QUANTUM-TOUCH® Practitioner. Tracy works for Equi-librium, Inc. as their Bodywork Specialist & is a Registered Level Riding Instructor with NARHA. Tracy has partnered with co-creator and fellow practitioner Kathleen Sterner to develop the H.E.A.R.T. for Horses workshops.



**Kathleen Sterner** has practiced advanced therapeutic massage and other bodywork styles since 1994. She trained with Bonita A. Cassel-Beckwith at the Lehigh Valley Healing Arts Academy in Emmaus where she has been a teacher since 1997. A certified Trager® practitioner, Level III Reiki Master and also H.E.A.R.T. for Horses practitioner, she has over 1500 hours of study in a wide variety of techniques. Kathleen has presented workshops at the Lehigh University Wellness Center and Albright College and currently practices her bodywork expertise with Equi-librium Riding Center.

## YOUR GRATEFUL HORSE



Empowering  
Horse Handlers with  
Bodywork Skills

Phone:  
570-629-2121

Email:  
pnygal@ptd.net

Or visit:  
www.  
yourgratefulhorse.  
com

**CURRENTLY  
SCHEDULED  
WORKSHOPS CAN  
BE FOUND ON THE  
WEBSITE UNDER  
WORKSHOP  
SCHEDULE**

**CONSIDER HOST-  
ING A WORKSHOP  
FOR YOUR BARN  
OR FACILITY**

**CALL  
TRACY  
FOR DETAILS  
570-629-2121**

### WORKSHOP DESCRIPTIONS:

#### **6 Physical Releases Workshop for Your Horse(s)**

The 6 Physical Releases Workshop has its focus on the well being and functionality of the musculo-skeletal system.

Neuro-muscular physical release techniques access the brain to release spasmed muscles. When a muscle is traumatized the brain and the fascia tissue of a muscle both respond by creating a record of spasm for that muscle. Often a "brain update" needs to take place in order for the spasm to avoid returning.

In this course you will learn to tap into the brain to facilitate physical releases.

This workshop covers Safety, Basic Anatomy and hands-on practice with horses. Also included are sections covering the physical, emotional and mental aspects of healing with horses.

By decreasing pain with bodywork you can increase your horses mental focus, enhance his/her performance and promote well-being and relaxation.

**1 DAY SCHEDULE:  
\$150.00-\$175.00  
includes workbook/materials**

10:00am-5:00pm  
Includes Lecture, Demonstration & "Hands-On" Practice for participants with volunteer horses.



#### **H.E.A.R.T. for Your Horse(s)**

##### **Hands-On Energetic Alignment & Release Technique**

Learn how to provide energy healing techniques that can align bones, reduce pain and inflammation, and stimulate cellular change in horses. H.E.A.R.T. for Horses provides rapid pain relief and can accelerate healing for a wide range of conditions. Energy work is great

for facilitating healing in areas of low blood supply like tendons and ligaments.

H.E.A.R.T. is also effective on organ issues that muscular release techniques do not address. H.E.A.R.T. for Horses is an effective blend of new

science coupled with hands-on healing that can facilitate changes at a DNA level.

**2 DAY SCHEDULE:  
\$250.00  
includes workbook/materials  
10:00am-5:00pm Sat. & Sun.  
Includes Lecture, Demonstration & "Hands-On" Practice with volunteer horses**

#### **Complementary Healing Techniques for Your Horse(s)**

**DAY 1-** This course offers horse handlers many options to help promote rapid healing in recovering equine partners. The techniques that are taught complement prescribed veterinary protocol and include many options for horses, especially those who are in for a long rehab. Included in the workshop will be hands-on skill development in the areas of Efflourage

massage, Aromatherapy, Color & Crystal Therapies  
**DAY 2-** Horses store emotional and physical trauma memory in the fascia tissue and the brain. The emotional technique taught will allow your horse to become less fearful and more willing to bond. I have seen depressed horses "come to life". A must for rescue or traumatized horses. Also

included is a section introducing and developing animal communication skills.

**2 or 1 DAY WORKSHOP  
SCHEDULE:  
\$250.00 For Both days or  
\$175.00 For 1 day-  
includes workbook/materials**

10:00am-5:00pm  
Sat. & Sun.  
Includes Lecture, Demonstration & "Hands-On" Practice with volunteer horses.

## E.T.R. for Your Horse(s)

### Energetic Tissue Release (Participants required to take H.E.A.R.T. course as a pre-requisite.)

Energetic Tissue Release for Horses, a new workshop developed and taught by Kathleen M. Sterner, takes the techniques taught in the H.E.A.R.T. workshop to another level. The intent of this work is to connect on a very deep level with the soft tissue, such as muscle, fascia, and lymphatics, in order to facilitate a softening, lengthening or relaxing response. This in turn allows for relief of soreness

and stiffness which will help the horse to move more freely and release tight, painful tissues. Horses respond more quickly than people because they have no beliefs about what techniques work and which will not. The touch is gentle and requires a bit of patience, but is well worth it when the horse shows a positive response of relaxation in the muscles and thus a release of pain. With practice, horse owners will be able

to easily effect day to day problems with sore areas over the entire horse. The bonus of learning how to use this technique is the opportunity to apply it to yourself, relaxing tight areas on your arms, legs, feet, neck and most anywhere you can reach.

#### 1 DAY SCHEDULE: \$125.00

includes workbook/materials

10:00am-5:00pm  
Includes Lecture, Demonstration & "Hands-On" Practice for participants with volunteer horses.

## Quantum-Touch® Video Workshop for Humans

\* You will learn a series of breathing and body awareness exercises to help you focus and amplify life-force energy. This is the core technique that is used in Quantum-Touch.

\* You will learn how to bring down pain and inflammation in record time. It seems that there are always people in pain and it is a blessing to have something you can do to really help.

\* You will learn that you can observe bones auto-

matically adjusting themselves with a light touch. (Actually, the body moves them into correct alignment. You don't have to figure it out any more than you need to understand how you digest your break-



fast.) This may well be the easiest as well as the most

effective way to reduce or eliminate back pain.

\* You will learn how to reduce or eliminate back pain and get faster better results than you thought possible. We have dozens of chiropractors that are now using Quantum-Touch because it is so effective.

#### 2 DAY SCHEDULE: \$75.00

10:00am-5:00pm Sat. & Sun.

Includes Lecture, Demonstration & "Hands-On" Practice with other participants.

## E.T.R. for Humans

### Energetic Tissue Release

(Participants required to take Quantum-Touch® H.E.A.R.T. course as a pre-requisite.)

This workshop will teach the novice bodyworker to connect into the tissues of a person with a gentle, non-invasive technique, hook up and follow the body into a

release of tight tissue i.e. muscle, fascia or tendons. This is an easy way to release tension and tightness in the participants own body.

#### 1 DAY SCHEDULE: \$125.00

includes workbook/materials

10:00am-5:00pm  
Includes Lecture, Demonstration & "Hands-On" Practice with other participants

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### Practitioners:

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### Quantum-Touch for Humans

March 17th & 18th, 2007

Tracy McGowan  
Effort, PA

### ERT for Humans

June 10th, 2007  
Kathleen Sterner  
Effort, PA

### ERT for Your Horse(s)

July 22nd, 2007  
Kathleen Sterner  
Effort, PA

*Kathleen Sterner* has practiced advanced therapeutic massage and other bodywork styles since 1994. She trained with Bonita A. Cassel-Beckwith at the Lehigh Valley Healing Arts Academy in Emmaus where she has been a teacher since 1997. A certified Trager® practitioner, Level III Reiki Master and also H.E.A.R.T. for Horses practitioner, she has over 1500 hours of study in a wide variety of techniques. Kathleen has presented workshops at the Lehigh University Wellness Center and Albright College and practices her bodywork expertise with Equi-librium Riding Center where she has successfully adapted her skills to serve the equine community.

## VoiceBio Analysis

All things in the universe are created and function through VIBRATION

Be it the tiniest atom...  
The farthest star...  
The human brain... or  
the earth itself...  
That which appears  
non-living – Rocks –  
Glass & Plastic Cups  
vibrate at a very low  
pace. At the other end  
of the scale, Feelings,  
Emotions and Light vi-  
brate at an extremely  
high pace.  
As the bark identifies  
the dog, the meow, the  
cat – So, too, a buzz  
says a bee is near...  
and a gobble, a turkey.

IN HUMANS THE  
VOICE SPEAKS

But there is more...  
Within the Voice  
is Hidden  
12 Silent  
Vibrational  
Frequencies

That speak of the  
function of organs,  
The efficiency  
of cells,  
The balance  
of emotions.

[www.voicebio.com](http://www.voicebio.com)

Robert C. Staiano –  
Certified VoiceBio  
Sound Therapist

Robert Staiano ST  
(570)-620-0867  
[rsc3@ptd.net](mailto:rsc3@ptd.net)  
Contact Bob for your  
VoiceBio Analysis

## PRODUCTS AND SERVICES

### 6 Physical Releases for Your Horse(s) Manual + DVD

Know what to do when your horse is in Neck, Back or Rib pain/Technique facilitates release of muscle spasms in the muscle and UPDATES the brain so the spasm does not return.

Workbook and DVD covers mental *and* physical techniques for bodywork facilitators.

To Order:  
Call YGH or email orders to [pnvgl@ptd.net](mailto:pnvgl@ptd.net)



Cost \$30.00  
+\$5.00  
shipping

### H.E.A.R.T. for Your Horse(s) Manual

Teaches facilitators to releases spasms that can draw the spine out of alignment, causing lameness issues and the potential for more serious injury. Learn to alleviate pain and increase blood flow to areas like tendons and organs to help equines recover quickly. Quick results with a *LIGHT TOUCH*.



Cost \$15.00  
+5.00  
Shipping

To Order:  
Call YGH or email orders to [pnvgl@ptd.net](mailto:pnvgl@ptd.net)

### 6 Physical Releases for Your Horse(s) LAMINATED BARN CARDS

These 6 cards show the 6 Physical Releases in a half page card size. Attached by a ring they are sturdy enough to ride in your tack box.



Cost \$15.00  
+5.00  
Shipping

To Order:  
Call YGH or email orders to [lrenker@gmail.com](mailto:lrenker@gmail.com)

### Games and Activities for Therapeutic Riding

A resource for riding instructors to help incorporate games and activities into the riding setting. Includes useful information, games and activities, activity sheets, & thematic units.

Notebook format to enable the addition of new material

Hard Copy mailed: \$45.00  
CD Disk mailed: \$30.00  
CD Disk emailed: \$20.00

To Order: Call YGH or email orders to [lrenker@gmail.com](mailto:lrenker@gmail.com)



by Lorraine Reuter

PRODUCTS AND SERVICES

**Essential 7 Kit for Animals (use with caution on cats)**

Lavender, Lemon, Peppermint, Joy, Panaway, Peace & Calming, and Purification.

The Essential 7 kit is perfect for use with pets!

This kit contains a variety of single and blended essential oils for daily use. It is conveniently packaged for those on the go. The Essential 7 kit was created so that anyone could immediately use and appreciate the benefits of therapeutic grade essential oils. These oils may be used as diffused, added to bathwater, applied on location, spritzed on your pet or used with body massage. (Refer to the individual oils for specific benefits and instructions.)

Three sizes are available

2 ml bottles - \$40.00

5 ml bottles - \$85.00

15 ml bottles - \$200.00

Other oils are also available on an individual basis, call for pricing.

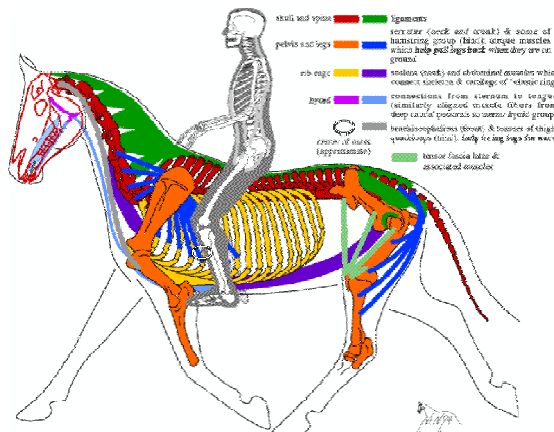
To order: Call YGH or email [peacefulheart@goleopards.com](mailto:peacefulheart@goleopards.com)

**Bio-Mechanical Riding and Dressage**

Author: Nancy Nicholson

Cost \$44.95  
+4.95  
Shipping

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to [pnygal@ptd.net](mailto:pnygal@ptd.net)



Biomechanical riding is about a strategy for riding horses. It is about approaching riding with a plan for cooperative interaction between you and your horse. The strategy integrates principles or concepts with their execution or technique of riding. This Atlas is explanatory concerning relations between rider and horse. It is a connecting book about the intersection of principle and technique in several literatures and is not a replacement for your other books.

Riding biomechanically has the curious experiential property of simultaneous, intensely private connection to a horse while creating external features of that intimate experience that can be shared with others. This Atlas, with visual aids and discussions of concepts associated with those images, contains suggestions about ways communication between rider and horse operates. Aids using weight and touch are emphasized over other forms because of their association with processes of rider experience and with content of a gymnastic curriculum for dressage. It is up to each rider to decide how to use Atlas information in his or her own training programs.

YOUR  
GRATEFUL  
HORSE



Empowering  
Horse Handlers with  
Bodywork Skills

Phone:  
570-629-2121

Email:  
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Or visit:  
[www.yourgratefulhorse.com](http://www.yourgratefulhorse.com)

Coming Next Issue:

"How to Build a Bodywork Team for your program"

"Bodywork Tool for Evaluating Asymmetry"

Learn to develop an eye for asymmetry to enable quick resolution of problem areas.

Projects in the works:

New Evaluation Tool Video.....