

# Equine Positional Release Clinic

## *Fusion for Horse and Rider*

Holistic Non-Force Equine & Human Body Work

14-15 April  
2012

9am-5pm

\$300 (paid by 3/23/12)  
\$330

Santa Fe NM

Presented by  
**Zarna Carter**

International  
Ortho-Bionomy® Instructor  
Homoeopath and Herbalist  
Teaching in Australia, NZ &  
USA



### **Equine Positional Release & Ortho-Bionomy are innovative tools in the fabric of holistic horse care**

EPR is a holistic non-force bodywork modality tailored to horse strengthen the muscular-skeletal system.

EPR is adapted for horses from the gentle, non-force approach and techniques of Ortho-Bionomy.

A partner to barefoot trimming and a complement to natural training and riding, EPR and Ortho-Bionomy make a heartening contribution along the path of humane and respectful horse-human partnerships.

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### **Fusion for Horse and Rider**

EPR and Ortho-Bionomy is principle based postural re-education that aids structural and postural alignment. The work incorporates the nature of the horse as a holistic approach to the horse-rider relationship, health and performance. The aim is to facilitate the horse to gain a state of balance and structural soundness and aid the development of skills to be able to maintain health and performance using non-force and pain free techniques.

The horse learns it has a vehicle for communication with the rider through gesture and movement. The rider has a means of developing their sense of feel and balance, and ultimately a sense of understanding of the horse based on real-time communication and compassion with the horse. A partnership is born.

# Equine Positional Release Institute

Holistic Non-Force Equine & Human Body Work

## Equine Positional Release Clinic

### Horse and Rider Series

### Curriculum Outline



EPR: Fusion for Horse and Rider (No Prerequisites)

Introduction to Self Correction

Equine Positional Release Principles

Principles in common with Ortho-Bionomy and Homoeopathy

Gestures and non-verbal language of the horse

Nervous System, including the Para-Sympathetic, Sympathetic and Social Branches.

Body Posture and Biomechanics on the ground and with the horse

Assessment: Observation, Palpation Skills and Movement Analysis

Determining Preferred Posture

Application of Positional Release and Ortho-Bionomy Techniques

Exaggeration of Preferred Posture

Response to Techniques/Reflexes: Rebound; Recoil and the Follow-on response

Hoof Mechanism

Equine Areas covered: Front Leg in Flexion including Shoulders, Scapula and Elbow  
Cervical Spine: Neck Assessment  
Relationships of the Front Leg and Neck  
Hind Leg in Flexion (and Extension) including:  
Psoas; Lumbar Spine and/or Ilium and Sacrum  
Hooves

Human Areas covered: Cervical Spine  
Shoulders  
Psoas, Lumbar Spine, Femur and/or Ilium and Sacrum  
Foot and/or Ankle

Book early as places are limited

The class is open to everyone as there are no pre-requisites for the class

The class provides 16 hours credit towards the Equine Positional Release Certificate Program and continuing education requirements. Credit toward the Ortho-Bionomy Practitioner Training Program will be awarded as 8 hours of Equine Ortho-Bionomy elective and 8 hours of Ortho-Bionomy Foundation class

Cover Photos: Spanish Mustang Foundation Class, NM, Photo by Sierra Perkins

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