

# Equine Positional Release Institute



## EQUINE POSITIONAL RELEASE AND ORTHO-BIONOMY®

### NON-FORCE BODYWORK CLINIC FOR THE HORSE AND RIDER

**MAY 19, 2012**

Presented by  
**Zarna Carter**

International  
EPR & Ortho-Bionomy  
Instructor  
and

**Susan Smith**

Advanced Ortho-Bionomy Practitioner



#### **Gentle, non-force exercises for the Horse**

Identify pain vs behaviour in your horse

Improve posture and movement

Aid the treatment and prevention of  
soreness, injuries and lameness

Improve balance and performance

Aid self-carriage

Support collection, the ability of the  
horse to carry the rider

Learn non-force exercises for your horse

#### **Arrowhead Ranch**

1373 Arrowhead Rd

Santa Fe, NM

9am – 5pm | \$150

#### **Information and Bookings:**

**Zarna Carter**

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#### **Gentle, non-force exercises for the Rider**

Identify postural and body patterns

Improve posture, balance and your seat

Aid the treatment and prevention of  
soreness and injuries

Improve body awareness and fluid  
movement in the saddle

Aid contact between horse and rider

Support self-carriage

Learn non-force exercises for your self

*“Once the horse feels the position they will look for it on their own and re-create a pain-free, supple state. Quite amazing once we learn what to look for.”*

*Krista Synder FEI Instructor Tallahassee, Florida USA*

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