



# WELCOME TO YOUR HORSE'S BODYWORK & RELEASE SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS



EQUESTRIAN RELATIONSHIP COACH



# BODYWORK & RELEASE SESSION

This therapeutic session supports your horse to get unstuck and feel more emotionally & physically balanced, through equine bodywork & trauma release techniques.

- Maybe something feels 'off' in your horse, and that can't quite put your finger on?
- Perhaps you want to know how they are feeling emotionally or physically?
- Maybe you notice a block/issue that keeps re appearing in training and from day to day..
- Perhaps they have moments of reactivity, or shut down, and you would like to support them to come back to balance.

Your horse will be met with calmness, respect, and is seen for who they are. Sessions are safe, supportive and horse first, without pressure, rush or judgement.

Each session is personalised to your horse to help them feel safe, and come away feeling themselves again. You may also come away knowing your horse more deeply. And have a sense of what they are thinking and feeling, and how you can support them.



# PREPARING FOR THE SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

<b>Key Session information</b>	
<b>Investment:</b>	£65
<b>Duration of Session:</b>	1 hour
<b>Mileage:</b>	50p beyond 15 miles outside Newtown (Powys) - (If travelling through, travelling may be wavered)

## Booking & Payment Policy

To secure your session, full payment of the session fee is required at the time of booking. Please note that travel expenses will be invoiced separately where applicable.

## Cancellation Policy

If you need to cancel or reschedule your session, please provide at least 48 hours' notice. Cancellations made within 48 hours of the scheduled session time will incur a cancellation fee of 50% of the session cost.



# PREPARING FOR YOUR SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

## Where should the session take place?

A space where your horse feels **safe enough to relax, move around** and you feel safe and comfortable too. **Often this is their stable or an arena space.**

## What to set up

**Your horse requires access to hay and water.**

This is important to help your horse have **freedom, choice, and a space** to have a break if they need to.

I may request that we remove the hay to support their process, but I find it helpful to begin the session with hay available.

**If possible, ensure your horse has eaten a small feed or a chunk of hay before their session. This is to support them to have their needs met before the session begins.**

## What to have on hand (if needed)

- Head collar and rope
- Seat for you (if you would like somewhere to sit during the session)

The best thing you can bring is your **honesty, open mind & heart.**



# TECHNIQUES

## **Equine Massage Therapy:**

Designed to bring balance to the soft tissues, relieving tension and promoting relaxation, nervous system regulation and physiological health. Facilitating deeper changes in the body.

## **Fascial Trauma Release Techniques:**

Fascia is the tissue that holds us together, storing memory, emotion, tension and trauma. Working with the fascia can be a powerful whole body reset and a powerful way to facilitate internal and external change (Taught by Liza Kimble EFTR)

## **Co- Regulation:**

Being an anchor of safety for your horse, promoting emotional regulation and processing.

## **Consent:**

Sometimes horses prefer working with more space. This is perfect for rehabilitating touch, and building trust and confidence.

## **Sound work:**

The voice is a powerful source of safety and reassurance.



# PREPARING FOR YOUR RELEASE SESSION

WHAT APPROACH WILL WE EXPLORE?

## Start of the session

We will have a relaxed **chat**, to hear how **things are going for you & your horse**, Share your thoughts and intentions for the session. I will ask about you & your horse's history (**particularly if it's a first session**) and if there is anything important for me to know. You might **ask questions that have been on your mind, or share what's been unfolding for you and your horse.**

## Release session

I will begin **gently working with your horse**, getting a sense of how they are feeling, what might work best for them, and being led by them and their responses. I will share what I am **finding and doing, and answer any questions that are popping up for you too.**

## End of the session

We may finish with a **check in** to leave you and your horse feeling nourished and replenished.



# THE WHY

**“Sometimes our horses don’t need to be fixed , they just need to be seen.”**

Horses live alongside us in a human world that **hasn’t always prioritised their emotional, mental, or physical wellbeing**. Experiences such as stress, training, injury, change, or overwhelm can leave tension held within the fabric of the body and nervous system long after the moment has passed.

**This can create imbalance.**

Bodywork & Release sessions offer your horse a **safe, supportive space to get unstuck and begin releasing what they no longer need to carry -emotionally and physically.**

By creating a space of **safety, softness, and attunement**, the nervous system is able to **relax out of defence and into regulation**. The body already knows how to heal - sometimes they simply need the right environment to do so. This is why the work is **gentle, horse-led, and focused on sustainable change from the inside out.**

Each session is **guided entirely by your horse’s pace, comfort, and readiness**. Some horses may process physically, others emotionally, and every experience is unique to the individual horse.

**You are invited to be part of the process too, allowing space for deeper connection, understanding, and relationship between you and your horse.**



# DISCLAIMER

Please note that Bodywork & Release Sessions may support the processing of stress responses that have been held within the body and nervous system over time. As this release process occurs, your horse may temporarily display increased sensitivity, emotional responses, or behaviours that may appear similar to past patterns.

This does not necessarily indicate that your horse is “getting worse.” In some cases, behaviours or reactions that were previously suppressed or held in a shutdown state may surface as part of the body’s natural processing and release response.

Every horse is an individual, and responses to bodywork can vary. The process may require time, patience, rest, management adjustments, and additional support where appropriate. Sessions are always guided by your horse’s comfort, capacity, and readiness, with the intention of supporting long-term regulation and wellbeing.





# Hi, I'm Cat

I coach passionate horse people to have healthy, secure relationships with their horses and themselves.

By offering safe, non judgemental, and supportive sessions, for the human, horse and their partnership together.

So that they can become unstuck, feel at home in each others company and free to be unapologetically themselves.

To finally find a way forwards that feels aligned, ethical and evolves with them.

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

*Cat x*

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# My Values



## Horse First

A deep respect for the horse's experience, timeline, choice, wellbeing capacity and thresholds.



## Grounded & in science and inner wisdom

Grounded in theory & research that spans many fields: psychology, biology, physiology, sociology.

Paired with lived experience, intuition, lessons, and instinct.



## Congruence

What you see me teach and share, I believe in and practice in my own life / with my horses.



## Relationship over Results

Results will not be pushed for that purposefully compromise the care or bond between you. Sustainable, ethical and caring.