



Equestrian Relationship Coach

A photograph of a woman with long blonde hair, wearing a light blue long-sleeved shirt and light blue pants, standing in a stable and petting a brown horse. The horse is facing left. The background shows a wooden door and the interior of a stable.

The story behind
Equine Bodywork &
Release Sessions

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Introduction

I coach passionate horse people to have healthy, safe 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.

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Cat x

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You don't know what you don't know!

Despite having regular interactions with horses since a young age, I found it wasn't commonplace to learn how to support them with what they were experiencing, physically, mentally or emotionally.

Even when I got my own horse and started exploring natural horsemanship, I still found this area was wildly untouched.

However, during the pandemic, I noticed my gap in expertise and felt inspired to complete a course in equine massage therapy. But what unfolded was several unexpected experiences that changed how I understood and engaged with horses forever.





Observing inner changes

I started to notice that during each massage, that the horse would show different feelings, signals, signs and interactions.

A blink, a turn away, a flinch, a change in how they felt.

Each time I noticed, I shifted my response to let them know that I had seen them. This seemed to unlocked a deeper emotional shift within, with unusual releases that rippled through their physical and emotional body.

After their session, many horses felt more renewed, like a new door had opened. Their capacity to connect, communication and ownership of their bodies and thresholds had grown. Their guardians reported changed behaviour, resolved blocks, lighter eyes, ease in defensiveness and tension. The humans who were a part of their horse's sessions often had changes and realisations themselves. For some, it inspired a new path for them, one that felt more equal, where the horse's experience was valued and understood far more. And was weaved into their conversations with their horse.



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Changing shape

Eventually, the sessions changed shape, with more energy work, intuition and emotional rehabilitation. Many didn't consist of much touch at all, with very few horses saying 'yes' when given a choice. In fact, saying 'no' felt like a turning point in their process, and when this was honoured, they came alive.

This led me on a path of exploration, to discover more about...

- The nervous system: moving from survival to connection
- How the body holds the score card of what it has been through
- How important safe relationships are to us and our horses
- The magic of attunement, and how it facilitates the processing of what's got stuck, and bringing together what has lost.
- The concept of integrating these parts, so that the self can become more whole.
- The importance of releasing and realigning the tissues in our bodies (fascia), to release the emotions, injuries and traumas that are held there.



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“What do you need?”

As our horses live in such an **unnatural domesticated human world**, always giving, or being asked to serve others, with very few spaces safe enough to ask them 'how are you... really?' **What do you need?'**

This is what this **session endeavours to be**. A space where your horse can put down their bags, and share how they are **unapologetically**.

I decided on the word '**release**' for these flavour of sessions, as to me, it **encapsulates the process of letting go** of what no longer serves them. This can span many dimensions like **emotional, physical, mental**, and also the more abstract ones like expectations, pressure, trauma, patterns and domestication.

I hope that the session provides you and your horse **this space, to feel seen, heard and understood**. And is a door to a new kind of relationship together.

To book a release session, simply get in touch, and if you want to learn more about the theory and concepts behind release sessions, check out the online courses page.





Equestrian Relationship Coach

You

Know who you are

Shift beliefs and stories that are getting in the way

Feels safe and settled within yourself

Grow nervous system regulation

Expand your understanding and confidence.

Become an anchor for those around you.

Develop resources, skills and tools.

Feels confident to advocate for yourself and your horse

Your Horse

Feels understood

Safe and settled in themselves

Shifts emotional blocks

Feels safe and more comfortable in the body

Resolves behavioural issues

Able to advocate for themselves

Expand the capacity to connect

Is heard and listened to

Has a choice, is free to say no.

Enjoys sharing space with their human

Your Relationship

Feel in tune

Hear & understand with each other

Deepen your connection

Create softness

Grow a language with relationship at the core

Enjoy each others company

Technical refinements that keep the horse in mind

Feel safe, secure and moving forwards.

Sustainably expand thresholds

Enjoy your moments together



The Result

You and your horse begin to:

- Feel more **at ease** together
- **Understand each other** more clearly
- Build **genuine trust**—not forced compliance
- Feel **safe enough** to be yourselves
- **Communicate** with each other
- Become **in sync** and **in tune**
- **Grow and expand** your **thresholds** and what you do together
- Feel **regulated and adaptable**
- Feel more **confident** in who you are and what you **do together**

So your partnership can evolve in a way that feels **good, sustainable, and truly both of yours.**

And you can have **an approach that grows with you.** That isn't fixed or prescriptive, but **flowing, dynamic, and expands** into everything you do together.

Whether that is hanging out, playing on the ground, or under saddle.

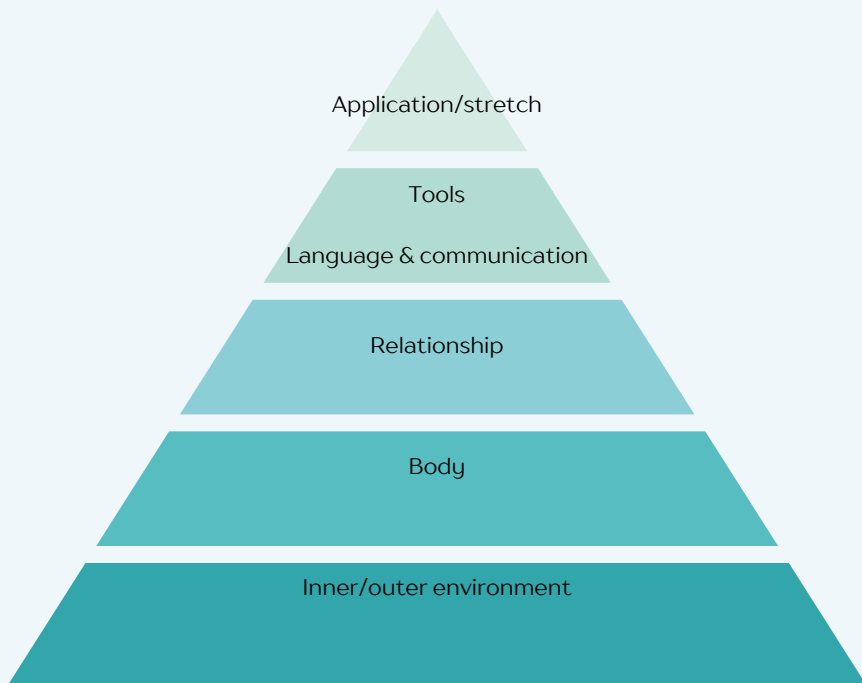
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Developing layers of safety

Growing a **secure, healthy and safe** relationship requires creating safety through different levels.

This is the guidebook we will work from.



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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 knowing

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.