



## Equine Sports Massage Certification:

THE WILSON-MEAGHER METHOD

May 15<sup>th</sup>—17<sup>th</sup>, 2010

Saturday 9—4:30 pm, Sunday 9—5 pm, Monday 9—4:30 pm  
\$499 if registered by April 15<sup>th</sup>, 2010; \$569 thereafter  
DOWNEAST SCHOOL OF MASSAGE, WALDOBORO, ME  
18 CE HOURS

The Equine Sports Massage Certification trains professional therapists and students of massage the logic, technique, and application of the Wilson Meagher Method. Horses of various breeds, disciplines, and levels of performance will be used for clinical practice. Conditioning and strengthening is addressed, as well as the effects of saddle fit. This workshop includes one day of classroom study and two days of clinical work in private barns on competition horses throughout the general area.

### LEARN HOW TO:

- ☞ Apply techniques to the horses to alleviate muscle tightness
- ☞ Understand the effects of specific muscle tightness
- ☞ Restore free motion and range of motion to the horses
- ☞ Recognize limitations of motion through the observation of equine movement

**JO-ANN WILSON, MED**, nationally certified and licensed massage therapist was a longstanding associate of the late Jack Meagher, pioneer of Sports Massage. Jo-Ann is the Director of Wilson Meagher Sportstherapy, a program which trains massage and physical therapists worldwide, as well offering workshops for horse-owners. She works with all levels of equestrian sports including eventing, dressage, hunters, jumpers, driving, racing and pleasure horse companions. Jo-Ann may be reached at: [wmst4@yahoo.com](mailto:wmst4@yahoo.com) or [www.sportsmassageinc.com](http://www.sportsmassageinc.com).