



## **Weekend Seminar Itinerary**

**Day 1** — Workshop begins at 9am with a discussion of the principles of the Masterson Method®.

- The horse bracing response – built-in survival mechanism
- Different levels of touch and how to bypass the bracing response
- Demo of movements and positioning to allow a muscle or junction to release tension
- Key junctions of the body that most affect performance
- Discerning subtle as well as obvious processes of release

### *Techniques:*

- The first technique, the Bladder Meridian Technique is demonstrated and explained.
- Students practice on horses, with individual hands-on help from the Instructor(s).
- Students and Instructor(s) re-group to ask and answer questions, and review and discuss the results of the technique.
- Techniques to release tension in the poll, neck, and neck/shoulders/withers junction are demonstrated, practiced, and discussed/reviewed during the first day.

*Breaks for lunch, short morning and afternoon breaks, and wrap up at 5:00pm.*

**Day 2** — Workshop continues at 9am. Wrap up at 5:00pm.

We follow the same learning format as on Day 1 of demonstrations; of hands-on instruction, and review/discussion to learn basic techniques to release tension in the back, sacro-iliac and sacro-lumbar junction.

After lunch, a fresh group of horses are brought in. Students have the opportunity to practice all the techniques that were learned over the weekend on fresh horses, with hands-on help from the Instructor(s). This way, the student will review and practice a full bodywork session on a horse prior to going home.

Suggested reading/viewing prior to workshop: [Beyond Horse Massage, DVD and Book.](#)