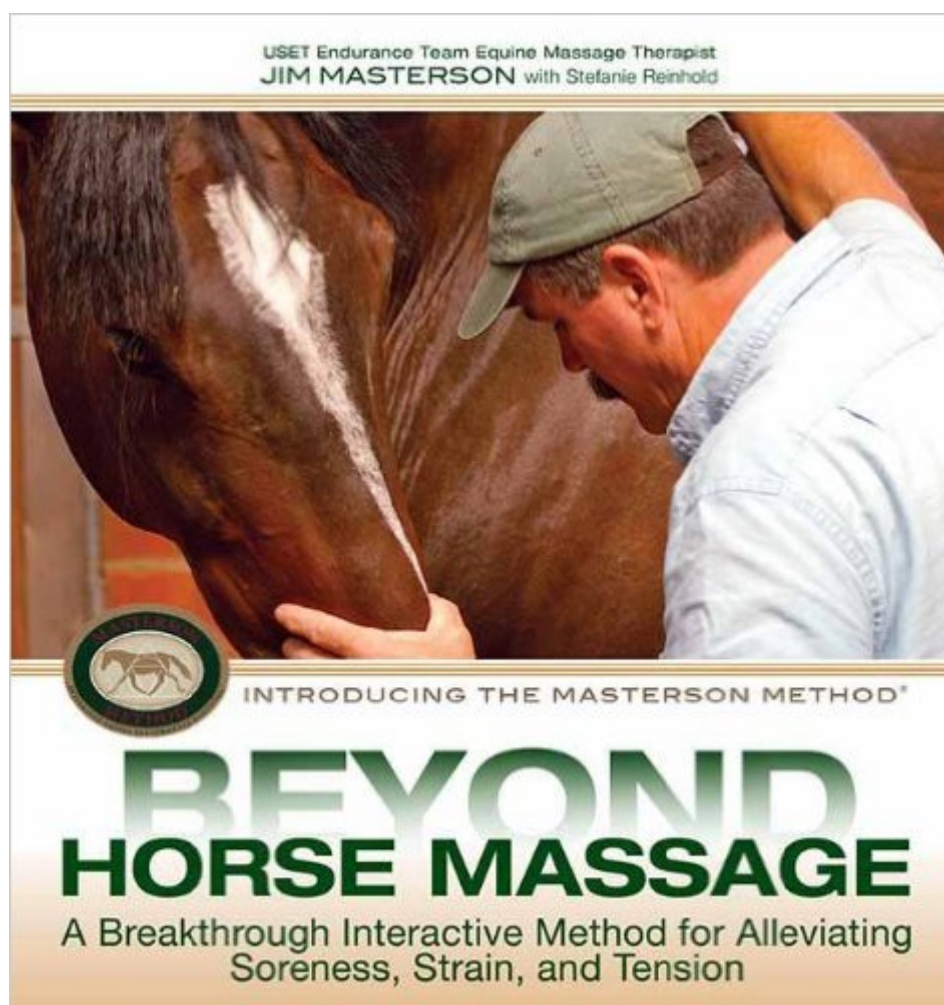


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# Beyond Horse Massage: A Breakthrough Interactive Method For Alleviating Soreness, Strain, And Tension



## Synopsis

Would you like to enable your horse to perform and feel better, to overcome old limitations and restrictions and reach its full potential? In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams, and for equine clientele competing in FEI World Cup, Pan American and World Games competitions, teaches a unique method of equine bodywork, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. This practical book: • has step-by-step instructions, photographs and illustrations • is ideally suited to accompany you to the barn, where you will practice the Masterson Method® techniques on horses. • includes chapters with Tips & Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding. • has a "quick reference" section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing or barrel racing, or others in the vast realm of horse sports. By using these techniques, and knowing the responses to look for, you are able to: • achieve a release of accumulated stress in deep-seated key junctions of the horse's body that affects mobility, comfort, attitude, training and performance • restore muscular and structural balance, and natural alignment • enable your horse to perform optimally and respond to your training without stiffness and pain • achieve new levels of communication and trust with your horse that spill over into other areas of interaction.

## Book Information

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## Customer Reviews

I have been a certified acupressurist for 20 yrs and this method absolutely streamlined my approach. The results are truly almost instantaneous for the horses. The book itself is well laid out with step by steps and detailed procedures with pictures. It is specifically formatted to be used 'on location', i.e.: a wire binding so that it will lay flat for easy on site access while performing procedures. I felt the most important message was stressing to readers (practitioners) that you need to pay attention to the horse for its reaction to the touch and to learn to adjust your own responses as opposed to making the horse respond in a human manner. Horses are (as are all animals) extremely subtle in their responses and are wonderful teachers. Jim Masterson expressed a desire to provide laymen and professionals alike with an invaluable tool. He has succeeded. He is a generous teacher.

Having no background in any body work, and being clumsy myself, I was able to get releases, and learn to control my own responses, as well as help my horse. Extremely well written, clear step by step directions, with emphasis placed on the important points.

I picked up this book and the DVD as my Christmas present to myself this past year and am very glad I did. This book and the DVD by the same title, which is sold separately but in my mind should be packaged together, are extremely helpful in giving comfort and creating a union and connection with your horse, whether your horse is young and pain-free or a little older with a few stiffness issues but especially if he has a lot of soreness, such as chronic shoulder, neck, poll or back issues. I am no massage therapist but after watching the DVD and then working my way through the book I was able to apply the treatments to my horses and was truly very, very happy by their responses! It may seem like a "touchy-feely" sort of new treatment that is all show and no go but it absolutely gives positive results! My 4-year-old mare enjoyed it, my 12-year-old gelding found it to be very relaxing but my 17-year-old gelding who, when owned by his first human, was worked much too hard for way too long when he was a youngster and has lots of arthritis and pain issues today because of it, was ready to lie down and nap after the relaxation this brought to him! He was a very happy camper! It truly is a breakthrough method that works and you can absolutely see all the horses responding! It is very rewarding to see how you can bring such comfort to your horses.

I first learned of Jim Masterson by listening to a podcast of an interview he'd done. I immediately ordered his first dvd on massage and got a lot out of that. This book is even better though! Very clear, concise direction on what to do to help your horse feel better and help get the stress out,

whether that horse is an incredibly fit athlete or an older horse suffering from arthritis pains. I've taken an acupressure course and the knowledge gained by using this book has only enhanced what I learned from that. I'm seriously considering taking one of Jim's workshops this summer, I'm that impressed. Thank you for writing this book and helping horses all over feel better!

I bought this book because I watched a woman use the "Masterson Method" on a rescue horse and watched the physical relaxation take place in the horse. It was amazing! The book is written so it is very easy to follow and has some humor thrown in. There are detailed instructions and plenty of pictures. The book is spiral bound so it can be taken to the barn to review while working on your horse. This book is certainly worth the small investment.

This book is such a treasure. I love how it is structured with a quick overview on one page followed by more in depth descriptions on the following pages. The photos are a big help to explain in great detail the releases. The tips are also very helpful and at times very funny and always insightful. I highly recommend this book to supplement ESMT bodywork for the lay horse people and for others making this their career path. A great resource!!!

Stefanie Reinhold and Jim Masterson have hit this one out of the ball park. For me, they have won the Grand Prix of bodywork for horses! This book will help you to keep your horse supple, relaxed and in good health. If you have an issue you are trying to solve with your horse, this should be your first go-to resource. Spiral bound and easy to take and use at the barn, the simple and easy to understand step by step instructions, as well as what you're looking to see happen in your horse give the user exactly what they need to ensure that they are doing this right. This book puts the horse first in regards to health, and the user first in regards to simplicity, understanding and effective execution of the method. Hurray!

I'm a physical therapist and I think the techniques in this book are great. I have been using them on my 24 yo Arab and my 10 yr old dressage horse with excellent results. The book is clear, easy to follow, with accurate description of anatomy and mechanics. He focuses on horse initiated releases which are more profound and have longer lasting results than normal massage. He has two dvds out, they are the same, so don't buy them both!

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