



What to expect at a TTouch for Horses Clinic

TTEAM Training is a low stress method of improving your horse's physical and mental well-being and performance. Using a combination of gentle, non-invasive bodywork, focused groundwork exercises, TTEAM looks to override patterns of posture, allowing horses to learn without fear.

In addition, this clinic will include some horses and rider body awareness Connected Riding exercises which help the rider find 'neutral' which allows your body biomechanical freedom and adds clarity to the signals you give your horse both from the ground and the saddle.

These easy to learn methods will **improve your relationship with your horse**, while offering positive solutions to common problems

- ◆ Inconsistent performance
- ◆ Head tossing and tail wringing
- ◆ Nervous or fearful behaviour
- ◆ Challenges under saddle
- ◆ High headed horses
- ◆ Cinchiness and biting
- ◆ Trailer loading

TTEAM supports veterinary care:

- ◆ Reduces stress and pain
- ◆ Speeds up recovery
- ◆ Helps prolong acupuncture and chiropractic adjustments.