

# Equine Positional Release Clinic

## Equine Isometric and Isotonic Exercises

Holistic Non-Force Horse-Rider Health Care

with

**Zarna Carter**

**May 31 -  
June 1  
2014**

**9am - 5pm**

**Gunnison Rodeo  
Grounds,  
Gunnison, CO**

**\$330 or  
\$300\***

\*paid by 18/4/14



**Equine Positional Release is an innovative tool in the fabric of holistic horse care**

Partnered by barefoot trimming and natural training and riding, EPR makes a heartening contribution along the path of humane, safe and sustainable horse-human partnerships.

Zarna Carter is an qualified Ortho-Bionomy® Instructor, Homoeopath and Herbalist teaching in Australia, NZ and the USA.

**EPR** is principle based postural education to aid structural and postural alignment.

**EPR** is based on the principles of Ortho-Bionomy and Homoeopathy.

**Learn** non-force techniques to improve strength, balance and flexibility.

**Learn** muscle and joint release exercises for the neck, shoulders, hips, legs and hooves.

### **EPR / Equine Ortho-Bionomy Curriculum Outline**

Introduction to Self Correction and the horse  
Equine Positional Release Principles  
Principles in common with Ortho-Bionomy and Homoeopathy  
Gestures and non-verbal language of the horse  
Assessment: Observation, Palpation Skills and Movement Analysis  
Determining Preferred Movements  
Resistance Theory  
Application of Isometric Techniques  
Application of Isotonic Techniques  
Response to Techniques  
Rehabilitation

The class is open to riders, trainers, farriers, veterinarians, chiropractors, massage therapists and allied health professionals.

**To book contact:**

**Dainella Nartker**

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**Zarna Carter**

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[www.eprortho.com](http://www.eprortho.com)

# Equine Positional Release Equine Ortho-Bionomy

## *Isometric and Isotonic Exercises*



**Class Outline** No pre-requisites everyone welcome

Learn Isometric and Isotonic resistance exercises tailored to strengthen and engage the muscular-skeletal system of the horse and rider.

Postural re-education improves and rehabilitates movement patterns by addressing:

Muscles  
Soft tissue  
Tendons  
Ligaments.

Improve the quality of movement.

Improve joint mobility.

Aid rehabilitation.

Aid prevention of injuries.

**Equine** areas covered:

Neck  
Front Leg including: Shoulders, Scapula and Elbow  
Relationship of Front Leg and Neck  
Hind Leg including Ileo-Psoas muscle group  
Lumbar Spine and Femur  
Ilium and Sacrum  
Relationship of Hind Leg and Pelvis  
Stifle, Hock, Pastern and Hooves

**Human** areas covered:

Ortho-Bionomy for the Torso, Arms and Legs

16  
hours credit:  
EPR Practitioner  
Certificate  
Ortho-Bionomy  
Practitioner  
Training

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Zarna Carter is an International Ortho-Bionomy Instructor, Homoeopath and Herbalist. She developed the EPR and Equine Ortho-Bionomy programs, and teaches widely in the US, Australia and in New Zealand.