

Yoga and Yogurt, how to recognize pain and help your equine partner. Sept. 22, 2022



September 22, 2022 at On-the-Bit Farms in Bryan, Texas: Layla Harris educated an enthusiastic audience about some simple ways riders can increase the athletic capabilities and reduce or diagnose pain in our equine partners. Along with a nice hand-out, she demonstrated several equine stretches, back lifts, shoulder rolls and pelvic tilts with her cooperative partner "Armani" who seemed to enjoy it immensely.

Layla is a Certified Instructor to teach Holistic Horsework's Level 1, 2 & 3 Clinics.

Layla noted that although these exercises or "yoga" poses were not, in and of themselves enough to strengthen the appropriate muscles, they would trigger some new responses in the horses that could help them deal with the demands of the rider and some pathological situations like "kissing spine". Very interesting to me, Layla feels that a lot of what is called "bad conformation" is really "bad posture" in the horse and much of it can be corrected by knowledgeable body work and good riding.





In this photo on the left, Armani responds to Layla's pressure with a pelvic tilt that would be needed for collection.

Layla emphasized that coming in gently and using as little pressure as possible with the horse will not only lead to more success but that, in some cases, it is a good idea for one's safety. (There seemed to be a lot of talk about Chestnut mares.) She believes not only in working with the horse, but also educating the owner to become more self-reliant in their horse's care. She also does body work on people and dogs!

Check out Layla's website: <https://www.horseledhealing.com/>

A very big THANK YOU to Donna and Rob Meyer for hosting this event at their farm and the availability of Armani!