

New Date, April 5th, for the Free Equine Massage Clinic!

Sponsored by the GVRDC

Learn all about equine massage

Health and Wellness Massage. Designed to generally balance muscles and enhance circulation and immune system function for any individual.

Massage for Ageing. A gentle touch which passes on the feeling of caring but also increases circulation to the tissues, increasing tone and flexibility.

Lymph Drainage. A subtle technique which aids in the stimulation of the functioning of the immune and parasympathetic nervous systems.

Joint Movements and Stretching. The gentle stretching of the muscles and tissues attached to the joint for increased range of motion.

Fascia Release. The gentle release and stretching of the connective tissue that wraps and binds all parts of the body. This helps to increase freedom of movement.

Pre-Event Massage. A sports massage which is quick, non-invasive, light and prepares the tissues for competition.

Post-Event Massage. A sports massage characterized by tissue cleansing techniques which reduce toxins and therefore, discomfort after competition.

Jennifer is a certified and insured Level 2 Equine Massage Therapist and Reiki Practitioner. Jennifer has been a NYS Licensed Wildlife Rehabilitator since 2003 and is continuing her education through the Veterinary Technician Program at Medaille College. She is also a member of the American Association of Equine Practitioners (AAEP). The holistic approach to the care of animals is her main goal and she encourages the networking of owner, veterinarian, farrier, therapist and trainer.

Contact Leslie Brown , leslieb@rochester.rr.com or 749-0995

When:

Sat. April
5th 12-
2pm

Where:

Genesee
Valley
Equine
Clinic.
925 Chili-
Scottsville
Rd
Scottsville,
New York
14546