INTRODUCTION TO THE EQUINE NERVOUS SYSTEM

Presented By Debbie Davies
at Snapdragon Farms & Stables, Mt Horeb, WI
October 26 and 27, 2013    Cost: $245

Objective:

1) To understand the connection between visceral, structural and biomechanical disorders in relationship to the central nervous system
2) To assist riders, trainers and horse lovers to understand the connection between the nervous system and performance, behavior, form, function and saddle fit

Exercises:

• Observing lordosis and kyphosis patterns in the spine
• Reawakening the cervical vertebrae
• Changing neural pathways
• Stretches for the myelin
• Connected groundwork exercises for rebalancing the nervous system

Concepts:

• Discover the connection between movement and organs
• Understanding the function of the spine under saddle
• How does it all work together
• Basic strategies to improving behavior and performance through a simple understanding of the nervous system response
• Incorporation of groundwork to aid in reprogramming the nervous system

Key Elements:

1) How a horse carries a rider
2) Cross section of forces and propulsive function
3) Basic understanding of the border trunk and innovation of the organs
4) The relationship between the pelvic organs and impulsion
5) Connection of hip to TMJ and what is affected in between
6) The neck and its relationship to lameness

For more information or to register please contact Tia:
tia11rcsw@gmail.com or 608-212-7083
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Course Details:
Day 1 - 9:00 – 5:00.  Day 2 -  9:00 to 1:00

Day 1 – Morning schedule 9:00 - 1:00
9:00 – 10:30 Lecture and Power point
Impulsion muscles and understanding the mechanics of a strong back
How a horse carries a rider/ correct postural biomechanics
The nerval innovation to the limbs/a new understanding of lameness

10:45 – 11:45 Practical Application
Looking at spinal patterns in the horse to determine nervous system imbalances

12:00 – 1:00 – Power Point
The sympathetic and para sympathetic nervous system and how it affects riding, performance and bio mechanics.

Day 1 – Afternoon schedule 2:00 – 5:00
2:00- 3:00 - Lecture
The sympathetic and parasympathetic system continued
A basic understanding of the innovation of organs and vertebrae

3:00 – 4:00 – Practical Application
Proprioception exercises for re balancing the nervous system

4:00 – 5:00 - Lecture
Understanding performance and saddling in relation to visceral, structural and bio mechanical disorders

Day 2 – Morning Schedule 9:00 – 1:00
9:00 – 11:00 - Lecture and Power Point
The hip and pelvic girdle and its relationship to impulsion
Cross section of self carriage forces
The cervical nervous system

11:00 – 12:00 Practical Application
Groundwork for the nervous system
Developing your eye with different horses

12:00 – 1:00 Lecture and Discussion
Where to go with your horse from here?  Closing