

“Key Muscles Affecting Your Horse’s Performance, and how to Stretch Them”

Taught by Maija Luttinger, LMT, of Freely Forward Bodywork

Join us at **Second Nature Farm** on **Sunday, February 28th at 3pm** for a free presentation of the essential muscular systems influencing your horse’s performance, and a demonstration on how to stretch them.



Maija Luttinger is a licensed massage therapist and myofascial release practitioner for both horses and people. USDF Bronze medalist, USPC “B” level pony clubber, and FEI groom, she pairs her background in upper level riding with her knowledge of biomechanics to help horses and riders overcome the obstacles within their own bodies.

Email freelyforwardbodywork@gmail.com to reserve your spot!

This presentation is free and will be in the indoor arena, please wear your mask and bring a chair.

At the end of the demonstration, there will be a raffle to win a FREE Myofascial Release session!

Second Nature Farm: 420 Catamount Rd, Oxford PA