



## **Massage at the Show**

**Relaxation in Performance**

**Bodywork on site at a show has an important role—to relax tension and release spasm.**

**Perhaps the most elusive quality in all of competitive performance is.....*relaxation*. In the true sense. It makes the difference.**

**Tension builds up during travel to the show, experiencing a new environment and footing, noise, large numbers of other horses, and very likely the tension of the rider's body as well.**

**Excessive neck and back tension and spasms need to GO AWAY!  
Give your horse his best chance, and you too.**

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