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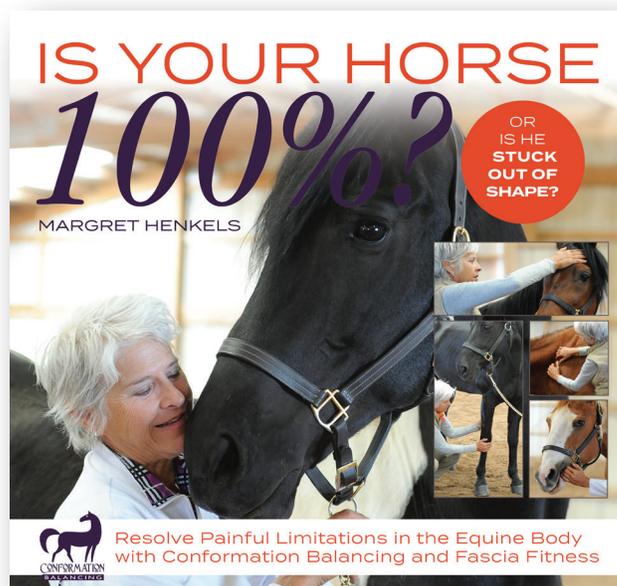
IS YOUR HORSE 100%?

Resolve Painful Limitations in the Equine Body with Conformation Balancing and Fascia Fitness

by MARGRET HENKELS

Trafalgar Square Books is pleased to announce the release of *Is Your Horse 100%?* by Margret Henkels.

Conformation Balancing is deceptively simple: With patient, conscientious placement of your hands on specific areas of the horse's body, you can bring about profound change in his physical and mental well-being. The secret? The internet-like web of fascia beneath the skin. Fascia is the connective tissue that "holds everything together"—it wraps around, attaches, and stabilizes muscles and internal organs, communicating with all parts while providing structure and organization. But here's the thing: Fascia is also a reservoir for emotional trauma and tension. This means that when you help a horse find a physical release in a "stuck" area of strain or stiffness, you invite psychological healing as well.



Following a Bachelor's degree in journalism, **MARGRET HENKELS** was a reporter and sales associate in the newsprint industry, while her visual skills were honed in the art business in Santa Fe, New Mexico. A deep passion for horses, good health, and learning to find her own 100% fitness drew Henkels into equine bodywork. She is certified in Matrix Energetics, a Quantum Energy work developed by Dr. Richard Barlett, and Equine Natural Movement (Heller Work for horses) with Joseph Freeman. Her method of Conformation

Balancing has developed through years of work with horses experiencing elusive athletic limits.

"This is a book that goes beyond the anatomical importance of the connective tissue system ... [and] addresses the holistic need of the horse to be understood and respected."

—MADALYN WARD, DVM

176 pp • 10½ x 8½ • 133 color photos, 11 diagrams • 978 1 57076 791 3 • \$29.95 hc spiral

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