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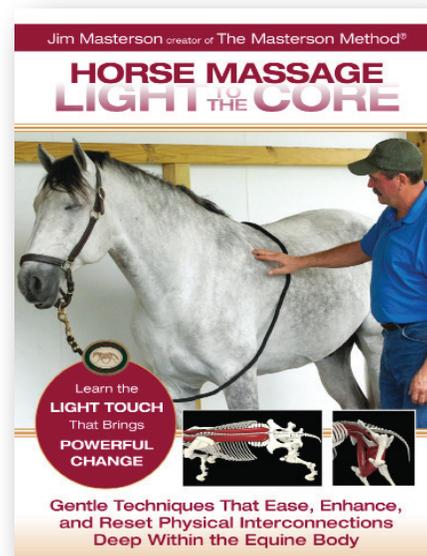
HORSE MASSAGE: LIGHT TO THE CORE

JIM MASTERSON

Trafalgar Square Books is pleased to announce the release of *Horse Massage: Light to the Core* (DVD) by Jim Masterson.

Get ready to discover subtle, gentle, simple bodywork that has the ability to profoundly affect the deepest interconnections of the horse's body. The Masterson Method Light Touch gives you an invaluable technique that is easy for you to do on the outside of your horse's body while managing to release accumulated tension and stress far within. This DVD provides all you need to get started:

- Fantastic 3-D graphics to familiarize you with essential interconnections inside the horse's body.
- Clear analysis of the specific areas of the horse where Light Touch can be most effective.
- Step-by-step instruction demonstrating how to successfully apply individual techniques.
- Ideas for problem-solving common behavior and performance issues, including a young horse case study with Jim resolving trouble spots using Light Touch in real time.



JIM MASTERSON, the official Equine Massage Therapist for the USET Endurance Team 2006-14, and for equine clientele competing in FEI World Cup, Pan American, and World Games competitions, developed a system in which the horse participates in the bodywork process. The result is an effective method of bodywork that anyone can learn to use, to improve performance. Jim is the author of the bestselling books *Beyond Horse Massage* and *The Dressage Horse Optimized* and several DVDs. He teaches Masterson Method seminars and courses to horse owners, trainers, and therapists worldwide (mastersonmethod.com).

"Jim Masterson's work is AMAZING! It is gentle, effective and strengthens the bond and communication between you and your horse. For me, it's the perfect combination of 'physical therapy' from the ground and from the saddle."

— JANE SAVOIE, OLYMPIC COACH AND MOTIVATIONAL SPEAKER

DVD • 145 minutes • 978 1 57076 833 0 • \$34.95

For more information contact mcook@trafalgarbooks.com

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