

## The New Book from the Author of *Beyond Horse Massage*

### THE DRESSAGE HORSE OPTIMIZED

Developing and Preserving the Equine Athlete through  
Effective, Sport-Specific Bodywork

JIM MASTERSON and CORALIE HUGHES

Trafalgar Square Books is pleased to announce the release of *The Dressage Horse Optimized* by Jim Masterson and Coralie Hughes.

The dressage horse is an equine athlete. Being an athlete means there are extraordinary demands on the body, mind, and spirit of the horse. In human athletics, it is well accepted that extraordinary demands on the body should be met with special efforts to keep the body healthy. The same should hold true for our horses. The Masterson Method® is an innovative form of bodywork that relaxes the horse and relieves his body—including muscles and connective tissue—of deep stress and pain. Through the gentle and light manipulation of targeted Release Points; the movement of joints or junctions through a range of motion in a relaxed state; and studied observation of the horse's responses, we can open doors to improved health and performance while enhancing communication along the way.

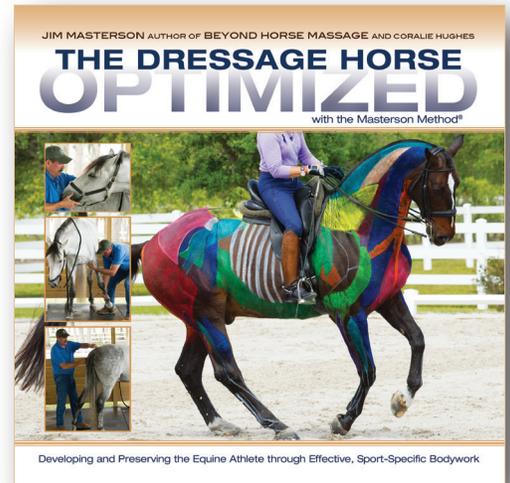
*The Dressage Horse Optimized* fills the gap that often exists between trainers, riders, and equine bodywork therapists when it comes to understanding how the dressage horse uses his body in performance. Learn hands-on ways we can help optimize his suppleness, flexibility, balance, and movement while easing the effects of common stressors on the musculoskeletal system—that is, make his body as perfect, effective, and pain-free as possible. Join Jim Masterson and Coralie Hughes, Grand Prix dressage rider Betsy Steiner, and creator of *Anatomy in Motion™ The Visible Horse* Susan Harris as they clearly demonstrate steps we can take to make our horses comfortable, happy athletes for years to come.

**JIM MASTERSON**, Equine Massage-Bodywork Therapist for the 2006, 2008, 2010, 2012, and 2014 USEF Endurance Teams, has worked on thousands of horses competing on the AA level and in FEI World Cup, Pan American, and World Equestrian Games competitions. Jim's unique Masterson Method system of equine bodywork allows the horse to participate in the process by showing the practitioner where tension has accumulated, how much pressure is needed to release it, and when it has been released, and he now teaches it to horse owners and therapists worldwide.

**CORALIE HUGHES** is a Masterson Method advanced course instructor and certified practitioner, as well as a USDF bronze medalist in dressage and a graduate "with distinction" from the USDF "L" program for judges training. She translated the bestselling books *Balancing Act* by

“Along the way, the horses have taught us that different performance disciplines affect the body in different ways. Before we could understand the unique needs of the dressage horse, we had to understand the work of the dressage horse from a biomechanical, anatomical point of view.”

—JIM MASTERSON



Dr. Gerd Heuschmann and *Ridden* by Ulrike Thiel, both of which are also available from Trafalgar Square Books.

176 pp • 9 x 9¼ • 260 color photos, 25 illustrations • 978 1 57076 722 7 • \$31.95 hc

For more information contact [mcook@trafalgarbooks.com](mailto:mcook@trafalgarbooks.com)

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