

Preparing for your horse's Release session

BALANCE & ALIGN

Housekeeping

Clean & Dry

Ensuring your horse is reasonably clean helps me to optimise massage work and have greater feel over all areas

Safe & Calm

Because Release sessions work deeply to help your horse heal emotionally and physically, they must be in a space they feel safe and calm. With access to food and water.

You are welcome!

Most horse owners love watching the process and holding space for their horse. You are welcome to watch, or drop in when you want to.

Session FAQ

Q: What will the session look like?

Each session lasts for 1.5-2 hours

A Release session is a truly unique session, because it weaves together trauma release, energy healing with elements of equine massage & physiotherapy techniques.

Lots of time will be dedicated to giving your horse space to process and release. This is entirely based on what your horse needs in the moment and looks different from session to session.

Each horse is at a different place on their journey and it important to trust the process and hold space for where they are at and what they are ready for.

It is incredible how transformational working on a deep level is.

Q: What are the benefits of this session?

The body and mind are so connected, they release together.

Releases:

- Pain & discomfort
- Tension
- Trauma
- Emotional blocks

Improves:

- Posture and quality of movement
- Circulation and lymphatic drainage
- Flexibility and suppleness
- Endorphins
- Relaxation and confidence
- Nervous system regulation
- Mental processing

Q: What is the investment for this session?

£75*

*Price reflects sessions independent of a programme

(If more than 10 miles away, travel is 65p per extra mile)

Q: What happens after the session?

Because the session is emotionally and physically intense, it is important to allow your horse enough time to rest and process. I recommend having the rest of the day off, with turn out so they can move freely

If you cannot turn out, a gentle in hand walk is great.

They will need to eat and drink & go to the toilet more than normal due to their body detoxifying and letting go.

Do get in touch with any questions!

Cat Roy-Stanley Balance & Align

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More about Trauma & Attunement

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What is Trauma?

Trauma doesn't have to be a massive event, or accident (although it can be) but is simply something your nervous system is unable to or doesn't have the resources to deal with and process. So when it gets stuck, it gets absorbed within the nervous system and the body.

Often it is something that is personal to us, something someone did or said, perhaps it is even a societal or generational wound that has been passed down. But it is a highway to the flight/fight and freeze response.

Trauma hijacks the nervous system, becoming hypersensitive to potential triggers, in the environment and within the self.

This is similar for horses. When they are brought into a human world, there are situations where they aren't given a choice, and are expected to deal with many threats & stressors. They can develop layers of shutdown & trauma that affects everything from their ability to be present and connected, to how their body feels and moves.

Trauma isn't often spoken about or taken into account with humans AND horses and the blocks you are experiencing within yourself or within your horse must be listened to, in order for them to come to the surface, and release.

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How do you do that?

One powerful way of releasing trauma is through feeling seen, heard and understood - attunement. This comes from feeling in synchronisation on a nervous system level, which helps the nervous system feel safe, the fear system in your brain to turn off, and allow what may be stuck there to process and release.

In a Release session, it is important to create this by forming a safe, non-judgemental environment for your horse. Where they aren't rushed but feel seen and understood.

So often we rush around in the horse world, reaching for the next goal, and it is easy to ignore how you and your horse are feeling, and what is weighing you down.

And even though this session is for your horse, it is normal for you to feel a release too as they work through their own healing process.

Living in a human world is hard for both horses and humans alike. Releasing what your nervous system feels stuck on is a deep, and empowering transformation from the inside out.

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Cancellation & Payment policy

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Cancellation

How to cancel or rearrange

Cancellations or reschedules can be made up to 48 hours prior to the scheduled session

Any cancellations or reschedules made after this period will be subject to half the session fee

The policy also stands if Cat cannot get access to the property or horse..

Via email, call, text message or through social media pages

Payment Policy

Payment of the session must be made in full within 24 hours of treatment.

Payment can be made via BACS, payment link, or cash in hand.

Cat can also send copies of invoices and receipts to your email.

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