

# CONNECTION

## *The Missing Link*



### SYMMETRY + BALANCE FOR BOTH YOU AND YOUR HORSE

#### *Group Sessions*



##### Ground Work

Up to 2 hours each day focused on creating a stronger connection between the horse and rider while working on biomechanics. Horses will receive treatment during this time to release discomfort and improve movement patterns.



##### Semi-Private lessons

One hour lessons for two riders. Taking the groundwork and moving it to under-saddle. Focusing on the same principles to free up movement and create flow between horse and rider. Leaving you with exercises to create a horse that is stronger and better able to carry a rider.



Group Breathing and Mobility sessions lead by Maria



#### *One on One*

During the lesson times, those choosing to, will have the opportunity to do a bodywork session with Maria. This will give you tremendous insight into how your body's patterns affect your horse's movement and your performance as a rider, as well as tools to create positive change.

##### Questions:

Nicole Laframboise: [nicole@valkyrequine.com](mailto:nicole@valkyrequine.com)

<https://www.valkyrequine.com>

Maria Morley: [maria@m2movement.com](mailto:maria@m2movement.com)

<https://www.m2movement.com>

June 15th and 16th, 2024

End of the Road Farm

Summerland, BC

\$ 750 /Horse  
and Rider

To register call (250) 494-0314 or email:  
[endoftheroadservices@gmail.com](mailto:endoftheroadservices@gmail.com)

#### *About Nicole Laframboise*

Nicole has been riding for over 40 years as well as coaching, training and doing body work since 1996. Nicole has worked in Costa Rica, Italy, U.S., and Canada working with many horses and a variety of disciplines. With a strong mandate for 'horse first' Nicole's ability to move animals into a relaxed state and call upon their parasympathetic nervous system is her key to ensuring her horses learn to carry a rider with ease in any discipline. This practice benefits a horse and owner whether for pleasure or competition and ensures the development of a strong bond between both.

#### *About Maria Morley*

Maria is a physiotherapist, practicing for over 27 years, her approach to treating the human body incorporates many modalities combined to create an orthopedic, biomechanical and neurological lense. After completing an assessment she points out the areas of compression in the body that need to be released to free up joint mobility and prescribes corrective exercises to restore symmetry. Relying heavily on breathing techniques, and positional drills to calm the nervous system and awaken your connection with your body, long-standing patterns of compensation are released and strength and stability are restored.

