

5 SIGNS YOUR HORSE MAY BE HOLDING TENSION

- 1 Subtle resistance under saddle**
Bracing, difficulty bending, lack of hind end engagement
- 2 Difficulty with transitions**
Rushing, resistance or tension when changing gaits or picking up leads
- 3 Unevenness that comes and goes**
Not quite lame, but “off” in a way you can’t pinpoint
- 4 Sensitivity to being tacked up or groomed**
Ear pinning, tail swishing, kicking or moving away
- 5 Changes in behavior**
Bucking, bolting, head shyness, being less willing, shutting down, or becoming more reactive



TENSION OFTEN BUILDS GRADUALLY...
and horses don't always show it in obvious ways.

Common tension areas:

Poll & atlas | Neck & withers | Shoulders & back | Sacrum & pelvis

Gentle, effective equine bodywork

A horse-led approach, using touch and the horse's responses to help release tension and improve wellness.



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