

How the Masterson Method® Can Help Your Horse Thrive

As a Masterson Method® Certified Practitioner (MMCP), I work with many horses who are doing their best, yet carrying far more tension than their owners realize. Often these horses look “fine” on the outside, but when we slow down and listen to their subtle responses it becomes clear how much they’re holding in their bodies.

This is where the Masterson Method® truly stands apart. Rather than forcing change, it works with the horse, allowing them to release deep, long-held tension at their own pace so they can feel, move, and respond more comfortably.

What Makes the Masterson Method® Different?

The Masterson Method® is a collaborative form of bodywork that follows the horse’s nervous system. Using light touch, slow movements, and careful observation of blink rate, breathing, weight shifts, and posture, I’m guided by the horse’s responses. These signals reveal where tension is hiding and when the horse is ready to release it.

The work focuses on three key junctions that greatly influence comfort and performance:

- Poll–atlas junction
- Neck–shoulder–withers area
- Sacroiliac (SI) joint

Tension in these areas often contributes to issues that appear inconsistent, confusing, or labeled as “behavioral.”

Behavior Is Communication, Not Disobedience

Many so-called behavior problems are rarely a horse trying to be “bad” or get away with something. They are the horse’s way of communicating discomfort, restriction, or overwhelm in their body. When pain or tension goes unrecognized, horses may resist, shut down, or act out simply because they are trying to protect themselves.

By addressing the physical tension and supporting the nervous system, the Masterson Method® helps remove the underlying cause and allows the behavior to resolve naturally rather than being “trained out” or corrected.

How This Work Can Help Common Horse Issues

The Masterson Method® can support horses experiencing:

- Short striding, stiffness, or uneven movement
- Sore stifles or unexplained hind-end discomfort
- Bucking, resistance, or reluctance under saddle
- Head shyness or difficulty with bridling
- Trouble bending, collecting, or maintaining balance
- Persistent behavior challenges

As tension releases, horses often move more freely, respond more willingly, and feel safer in their bodies.

Whole-Horse Benefits

Owners frequently notice improved flexibility, balance, and coordination, along with reduced stress and faster recovery. Because the horse participates in the process, sessions are calming rather than invasive. Just as importantly, this work strengthens trust and deepens the horse–human bond, creating a more harmonious partnership.

Ready to Help Your Horse Feel Their Best?

If your horse is showing signs of tension, discomfort, or unexplained behavior changes, or if you simply want to support their overall wellness, I'd love to help.

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