



***Equine Hanna Somatics® Professional Training Program***  
**March 9-13, 2020 Morning Star Farm, Novato, California**

We are pleased to announce this year's Equine Hanna Somatics Professional Training Program. The EHS certification training will be conducted in three modules. The first module (Level I) will be held at Morning Star Farm, Novato, California, March 9-13, 2020. Classes will be Monday through Friday 8:00 a.m.-4:00 p.m.

The EHS training program will be conducted by Novato Institute Director and Equine Hanna Somatics founder and practitioner Eleanor Criswell Hanna, Ed.D. Her co-instructor is Alissa Mayer, certified Equine Hanna Somatics educator.

Equine Hanna Somatics (EHS) is an adaptation of Hanna Somatics for horses. Like humans, horses experience stress and develop chronically contracted muscles. Chronically contracted muscles often create discomfort and restricted movement. Equine Hanna Somatics is a hands-on procedure for teaching horses, horse riders, and horse handlers the voluntary, conscious control of the neuromuscular systems of horses suffering muscular disorders of an involuntary, unconscious nature. Horses find EHS very relaxing. After the EHS session, horses walk, trot, and canter more easily and their muscles move more fluidly. During subsequent riding sessions, they seem to respond more readily to rider requests. Riders report enhanced bonding with their horses.

The program will begin with an introduction to the principles of Equine Hanna Somatics. Other topics addressed will be the history of Equine Hanna Somatics, equine anatomy and kinesiology, somatic horse handling, safety, EHS basic protocols, Hanna Somatics for riders and horse handlers, the nature of the horse and learning, herd dynamics, equine neurophysiology, conformation/posture, assessment, equine somatic issues, ethics, legalities, practice building, and others. The day will be divided into two sections: The morning will be devoted to practice with horses; the afternoon will be lecture, discussion, and somatic exercises for equestrians. The horses will be provided by Morning Star Farm.

Each of the three modules is \$750. Participants are required to have experience with horses. If you are interested in attending, please call (415) 897-0336 or email me at [ecriswel@ix.netcom.com](mailto:ecriswel@ix.netcom.com). A telephone interview is necessary for acceptance into the program. If you are accepted into the program, a \$200 deposit is due by February 10, 2020. Please mail payment to: Novato Institute 1500 Grant Ave., #228, Novato, CA 94945. We will mail you a confirmation card. Checks received after the training is full will be mailed back to you. For late registration, please phone the Novato Institute to see if there is space available. I hope you can join us for this year's EHS professional training program.

Sincerely,

Eleanor Criswell Hanna, Ed.D.  
Director

<http://www.somaticsed.com>