



Equine Hanna Somatics® Professional Training Program
Online Three-Module Training via Zoom, May 22-26, 2023
with Eleanor Criswell Hanna, Ed.D. and Alissa Mayer, EHSE-C

We are pleased to announce this year's Equine Hanna Somatics Professional Training Program. The EHS certification training will be conducted in three modules. Modules are taught concurrently. Classes will be online, Monday through Friday 9:00 a.m.-5:00 p.m.

EHS training program will be conducted by Novato Institute Director and Equine Hanna Somatics founder and practitioner Eleanor Criswell Hanna, Ed.D. and Alissa Mayer, Certified EHSE.

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.

Each of the three modules is \$1000; sliding scale \$750-\$1000. If you are a continuing student, previous tuition rates apply. Participants are required to have experience with horses. Deposits and payments to be made at <https://equinehannasomatics.gumroad.com/1/deposit-2023>. The application deadline is March 31, 2023. Once you submit your application, we will email you instructions for your next steps and/or to schedule your telephone interview. For late registration or if you have further questions before applying, please contact me at the Novato Institute by calling (415)897-0336 or email me at ecriswel@ix.netcom.com. If your application is not accepted or the training is already full, your \$200 deposit will be refunded (less processing fees). I hope that you can join us for this year's EHS professional training program.

Sincerely,

Eleanor Criswell Hanna, Ed.D.
Director