



Equine craniosacral therapy

Horses typically enjoy craniosacral therapy. Their sensitive nervous systems readily attune to the treatment, allowing them to settle into a deeply-relaxed state: eyes soften and their demeanour becomes peaceful. They may start to release physically some of their pent up stresses, for example by yawning or repeatedly pawing the ground. They may also feel the need to lie down so it is recommended the treatment takes place in their field or stable that has bedding.

Craniosacral therapy works with the underlying health rather than focusing on symptoms so has an overall beneficial effect. A treatment can help resolve structural imbalances such as uneven gait or poor posture or behavioural issues such as kicking, nipping, bucking, rearing or crib biting. These symptoms may have arisen from the physical stresses of being ridden, through anxiety or if a horse has had a traumatic past.

The therapist approaches a horse in a sympathetic manner, tuning in to their nervous system and supporting their innate ability to self-heal. It is important during a treatment that your horse's environment is calm and quiet to facilitate a deep relaxation. After a treatment your horse will need time to process the treatment and it is recommended that he or she is not ridden for 24 hours. Please note, owners are responsible for notifying a vet before their horse receives complementary therapy.

Anne is a registered craniosacral therapist with over 15 years' experience. She has completed two post-graduate trainings in equine craniosacral therapy. For further information about craniosacral therapy please visit Anne's website.



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