

Coventry Equestrian Center



In Stride w/ Coventry Report #140
www.CoventryEquestrianCenter.com

Horses were in last night, some of the storms looked quite rough in the distance! Coventry seems to have bubble of protection over its land. The bad storms go around us. Horses out Sat. am & Sat overnight.

Worming is now again and the recommended wormer is for June is Strongid and July / August Equimax take your pick. Canon hill is rotating Strongid for every other month. Here is the schedule for the rest of the year

- Sept/Oct - Strongid again
- Nov/Dec - Quest Plus
- Jan/Feb - Strongid
- March /April - Ivermectin
- May/June - Strongid

- I will post fliers in the barn. Please worm within the next two weeks, and mark off that you wormed your horse.

Interesting web site www.orthopets.com

I was leisurely reading one of my horse magazines (Natural Horse May/June 09 www.naturalhorse.com) and there was an article about myofascial release for horses. I went to this web site, www.reachintolifebooks.com and I saw on favorite links was Coventry! It referred

readers to an article I wrote for a Coventry report about meeting Doris Kay Halstead. She worked on two of our horses Johannis and Dakota. She wrote two books *Awakening Rider Pelvic Movement* and *Re-*



RE-ALIGNMENT OF HORSE AND RIDER
 USING MYOFASCIAL RELEASE

By
 Doris Kay Halstead

lease the Potential. She also has a video out called *Symmetry in Motion*. I have two copies of this video if someone wants to borrow.



Now here is something you don't see often, a rider warming up for a Grand Prix class at Grand Haven, and she is stretching her horse at the canter. Note her impeccable position and ease of riding. Her elbows are giving forward so the horse can go down with his head and neck. This same great rider fixes her hat and never loses a beat riding this balanced horse...



"In the middle of every difficulty comes opportunity." -- Albert Einstein

