



TIM WESTFALL

Tim Westfall is a life long horseman who is deeply interested in all aspects of horses and horsemanship. His guiding philosophy is "For the good of the horse." Tim is a graduate of Equine Natural Movement School where he learned his technique of Equine Structural Integration, which he has been practicing for 11 years. He has been an active trainer and competitor in cutting, reined cowhorse and reining for nearly 35 years. He also studied classical riding under Nuno Oliveria and Jean Claude Racinet. He has studied horsemanship under many of the top western performance trainers. Being a consummate horseman, he continues to do so. Tim believes that true horsemanship is a never-ending journey and that it never possible to delve deep enough. The most influential horsemen in Tim's life have been his mentors Tom Dorrance and Ray Hunt. Tim is dedicated to carrying on their philosophies of horsemanship and incorporating it into his work with horses. Tim's love and dedication to horses is evident in every aspect of his work.

Lupita Hau

Owner and distributor Silver Lining Herbs, El Cajon, CA

"Tim and his work have helped my almost yearling colt. When I purchased my colt at 7 months, he was extremely cow hocked. Thanks to Tim and weekly Structural Integration sessions his legs have almost straightened out completely! I am beyond pleased with his work and highly recommend him!!!!"



EQUINE PERFORMANCE SPECIALISTS

Bodywork that honors and respects the horse's structure and spirit

Realigning physical structure for more

- **Athleticism**
- **Fluidity and Grace**
- **Speed**
- **Precision**
- **Power and Efficiency**
- **Healing sports injuries**
- **Enhanced soundness and longevity for competition**

Tim Westfall

(619) 931-8422 USA
(661) 107-0420 MEX

Prices

- * \$150 per session
- * \$ 700 full series (5 sessions) - \$50 discount
- * \$650 pay full series in advanced (5 sessions) -\$100 discount

Free

- *Free 20 min evaluation session
- *Free clinic demonstrations

We have a Referral Program!
Refer a friend and you and your friend will receive 20% off on your next session.

CONTACT US

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WHAT'S IN A SESSION?

- Movement Analysis

- Hands-on Bodyscan

What moves freely, holds tensions, is tender?

Where is horse cautious about being touched?

- Create a Bodymap

Devise the best sequential plan to unravel compromised muscular and imbalanced myofascial relationships

- Hands-on Bodywork

Release adhesions, rebalance skeletal structure

All work done with sensitivity and at a depth and speed your horse readily accepts

WHAT ARE THE RESULTS?

Chronic adhesions release their hold, the horse's structure realigns so he can move more efficiently, and the flexibility and range of movement of the fascial planes increases.

Freedom of movement emerges as the different layers begin to glide effortlessly over one another, bringing more potential energy and power to the muscles and rhythmic grace and smoothness to the horse's gaits. Your horse moves, feels, looks and is more sound..

EQUINE STRUCTURAL INTEGRATION SERIES

First Session

Purpose -- Build trust. Get to know the horse's tension patterns.

Method -- Release holding in surface musculature. Identify deep holding patterns that are the roadmap for a continuing series.

Second Session

Purpose -- Give the horse a better sense of stability so he's more secure in moving on and off the ground. Bring out the power available in the horse's hind end.

Method -- Emphasize vertical line integrity in standing. Free up tendons and musculature of all four legs. Free up superficial and midlevel fascial restrictions in shoulders, pelvis, lumbar and hip joints.

Third Session

Purpose -- Integrate muscle groups that share movement functions.

Method -- Begin to shift vertical line integration into horizontal plane. Work focuses on functional quadrants rather than individual muscles.

Fourth Session

Purpose -- Bring out fluidity of whole-body motion.

Method -- Connect front and hind ends through the barrel. Emphasize horizontal line cohesiveness.

Fifth Session

Purpose -- Reinforce changes after horse has practiced his discipline

Method -- Maintain flexibility of fascia while horse strengthens into an integrated movement pattern.

AFTER A SESSION

Your horse will likely be feeling active and frisky.

Immediately after the session lunge him at the walk, trot and canter ten times in each direction to integrate the structural changes into his body. This allows the work to penetrate deeper into his body. If he wants to kick up his heels, let him. If he wants to roll, encourage him to do that, too. He's exploring how his body moves in different ways and this is good.

If possible, it's a good idea to turn him out and let him run, turn, twist and roll. Your horse will have a good time exploring his new flexibility. This play is an important part of the session because it helps your horse know what he is now capable of doing.

Horses are not sore from the bodywork after a session but once in a while a horse might overdo the exploration of his new flexibility. If he's still racing, running and rolling after half an hour, you might want to bring him in for the night. Most horses have common sense about what they can do, but every once in a while, a horse feels so good he wants to jump over the moon. If soreness is a concern to you, monitor his field play that day.

Don't ride for the rest of the day after a session so your horse can move without your weight and directions. Do half the normal workout the following day so he can move around and integrate the neuromuscular changes. This helps him learn on his own what is different in his body and how to use himself better.