

FOREVER RIDERS

Holistic Therapy To Help You Obtain Your Riding Goals Happy Rider & Happy Horse!

Forever Riders is a new and unique therapy program to help you achieve your riding goals and promote a balanced and harmonious relationship with your horse.

The program was developed by Julia Anderson who has been a holistic Physical Therapist for nearly 30 years. Julia who is also an avid horsewoman, has recognized that oftentimes our body does not seem to cooperate with our mind to achieve our equestrian goals. Julia has experienced this herself over the last three years since she purchased a Lusitano gelding and has been working with a classical dressage trainer. On this journey she realized how much her body and physical restrictions were limiting her and the unity that she desires with her horse.

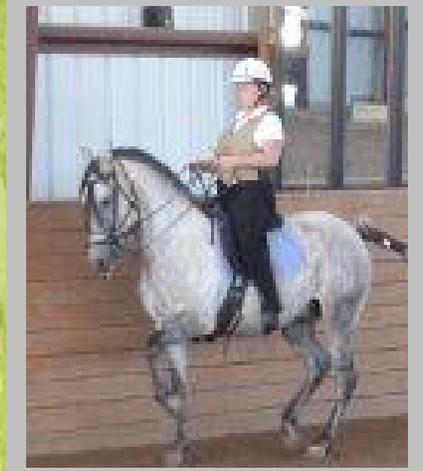
Living her passion, Julia has utilized all of her knowledge and use of different modalities to develop a program to help riders like herself.

This program has grown to include all kinds of riders and disciplines, from Olympic level dressage riders to weekend trail riders. Julia says her goal is keep us FOREVER RIDERS with happy horses!

The horse magnifies our restrictions, if we are weak or locked in our pelvis it shows up as asymmetry in our horse. The process starts with our body alignment.

We look at structural alignment, and then how the soft tissue, such as muscles and fascia, balance and flow with the frame of the rider. If the mechanical corrections of the body doesn't resolve the issues, then we address the energetic components. Each of us are so multifaceted that blending the mechanical with the energetic has fantastic results!

"This process is so much fun, because we get results!" Julia explains. *"Each person is so unique in their body, and the expression of the person with their horse is magnificent."*



**Develop Your Body
Balance to Harmonize
with Your Horse.**

"When I first started learning how to collect my horse, I realized that I didn't have the hip flexibility to balance myself with my horse. Now I have the help I needed and improved mobility." Julia A., Fairplay, CO



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FOREVER RIDERS

BALANCED RIDERS = BALANCED HORSES

“Julia has been the most versatile physical therapist I have encountered. She offers a variety of treatments and makes the most of each appointment I have had. Her technique is excellent and her suggestions for self-administrated therapy, like the MELT Method, is extremely helpful. She has helped me to help myself and continue to ride my horse and work in my field which requires some physical agility and strength.” Julie B., Penrose, CO

“As a mature woman in show jumping, Julia has been one of the most important people in my life for many years. She has helped me continue to live my passion, and transform restrictions in my body and mind. She has also helped my animals on their life journeys. I fly out to see her 2-3x/year.” Jane G., Temecula, CA

“I couldn’t RIDE! My hip was in so much pain 24/7 and nothing helped. I tried many of the alternative therapies and yet the doctors were talking hip replacement! WHAT?!?! I told Julia and she said ‘Let’s try something...’

After the first session, my pain was reduced 50%, after the 3rd session, I rode a horse for an hour! Which was the first time in 10 months!!! I am so confident now in her methods that I bought a horse and riding pain free again.” Dree W., Castlerock, CO

“Whenever I get an injury, I go in to see Julia. She has put me back together so many times. I depend on her to keep me riding my horse and keep me moving in my life.” Sharon K., Fairplay, CO

“My horseback riding friend was saved by working with Julia, and I hoped that she could help me. Having ridden for over 20 years, I have had a few injuries and had suffered with a lot of pain in my neck, back and shoulder area. I also had cancer and a few surgeries, with nerve damage and pain. I have been to several PT’s over the past five years and NONE have been able to help me the way Julia has. She is very thorough and uses all her skills. I am now able to enjoy my new horse!” Diann M

www.FairplayTherapyCenter.com

Call for your FOREVER RIDER free 30 minute consultation.