



Welcomes

**Jo-Ann Wilson, M.Ed.**

**Sports Therapist** to the world's largest athletes

2014 – World Equestrian Games, Normandy

2012 - London Olympic Games

2010 - World Equestrian Games, Kentucky

2010 – Only Sports Therapist presenter WEG, Kentucky

2003 - Pan American Games

2000 - Sydney Olympic Games

**Saturday April 25th, 2015**

During this fun and informative day, Jo-Ann will introduce you to the **Wilson Meagher Method** through lecture and hands on application. Jo-Ann M.Ed, a nationally certified and licensed massage therapist, was a longstanding associate and partner of the late Jack Meagher, pioneer of Sportsmassage. She is the Director of Wilson Meagher Sports Therapy. Jo-Ann's practical approach leaves each student with an immediately applicable assessment tool and a muscle release technique proven on the world's finest equestrian athletes.

**Why healthy, pliable muscles?**

Move better, perform better, last longer

**Muscle and movement assessment**

Develop your eye. See acute before it moves to chronic.

**Palpating done right**

The subtle art of.

**Compression Massage**

Simple in principle, yet profound in effect.

Hands on Participant \$185

(9:30-4:30)

Limited to 10 students

Auditors \$35

(9:30-11:30)

**Location:**

Ray of Light Farm, 232 Town Street, East Haddam, CT 06423

**To register:**

[jennifermcdermott@mac.com](mailto:jennifermcdermott@mac.com)

(Please write "Wilson Clinic" in subject line)

**Questions?** 203 434 9505

A portion of the proceeds will benefit Ray of Light Equine Rescue efforts.

Thank you!!



**Jo-Ann Wilson, M.Ed.**  
**Wilson Meagher Method**  
Sports Therapy Clinic

Saturday, April 25<sup>th</sup>, 2015

You don't have to be a professional therapist to help your horse move better. What you need are the right skills applied in the right way and a desire to learn. – Jo-Ann Wilson, Jack Meagher

**Morning Session**  
(Participants & Auditors)

9:30-10:30 - Lecture

10:30-11:30 - Movement assessment and demonstration  
with Jo-Ann and ROL horse

11:30-11:45 **Break**

**“Hands On” begins**  
(Participants Only)

11:45-12:30 - Participants team up 2 per horse

- Group movement evaluation
- Teams go off and work on their horse while Jo-Ann moves around the arena guiding, demonstrating and answers questions.
- Group reassessment of horse

12:30-1:15 **Lunch**

Garden salad, Fruit salad, Chili, Sandwich platter, cookies,  
water, coffee, ice tea - \$10

- Please include payment with your reservation check – thanks  
Or  
BYOL

1:15-4:30 – Participants resume work with horses

Payment is necessary for reservation. Please make checks payable to Ray of Light Farm.  
232 Town Road, East Haddam, CT 06423 - atten: Wilson Clinic  
Thank you!!!!