

The Alberta Equestrian Federation

presents

2017 AEF Annual Provincial Instructor/Coach/Trainer Professional Update



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Tina Watkins *EST EEBW3*

Having been involved and around horses her entire life, Tina is truly a horse woman. To this point, Tina's mom continued to ride while she was pregnant with Tina – stating that Tina was riding horses before she was walking holds true!

Growing up in rural southern Alberta, Tina was an active member of both 4H and Pony Club. Throughout Tina's youth and adolescence, horses remained an integral component. Upon completion of high school, Tina sought a career that would allow her to make a very positive impact within the equestrian industry while working with the animals she loved. With an eagerness to learn and seeking an opportunity to align her passion and her career, Tina enrolled in the BC College of Equine Therapy certification program. It was during her time in college that Tina developed her personal foundation of

'lifelong learning.' Committed in her belief that a strong understanding of anatomy and physiology is essential to bringing value as a therapist, Tina's studies extended to evenings and weekends of working with live horses to broaden her understanding and gain practical knowledge connecting her formal education.

Graduating from college with honours, Tina founded Inhand Equine Therapy in 1996. In the early years of developing her business, Tina was very fortunate in having opportunities to work with equine dentists, veterinarians, farriers and other equine practitioners gaining valuable experience and providing team solutions to health issues in these elite animals. As Tina's experience continued, she developed a view of horse health as an interrelated group of components. Although massage and whole body assessment were invaluable to wellness of the animals,

Tina identified that other good health and well-being issues needed to be addressed to allow these equine athletes to achieve their ultimate level of wellness. Tina began the study of additional modalities that would bring additional benefits to her practice and further impact the performance of her equine clients. The results have proved to be exceptional and Tina has incorporated these modalities into all of her equine client sessions.

Tina's business has flourished and currently boasts a broad equine clientele in all levels of competition and various disciplines. To this regard, as an active FEI dressage competitor herself, Tina truly understands the unique demands and issues equine-rider partnerships must address.

Teaching is a true passion of Tina's and this comes out in all of the courses she instructs. Her philosophy of making a very involved topic like equine body work fun is what makes her students not only enjoy her teaching style but also retain the immense amount of information she has to provide. Her desire to never stop learning herself keeps her fresh and excited about each aspect of her career.

