

Testimonial...

"Straight from the horse's mouth"

I am a long time patient of Linda's. About a year ago, my event horse, Willie, after a rough go around with Lyme disease, began having some performance issues. I asked Linda to take a look at him and see if she could help – and she did. The results were visible and substantial. Our work became less forced and considerably more fluid and balanced, with an increased range of motion, and began resembling our pre-Lyme workouts.

In one especially productive and interesting session, Linda looked at both Willie and me, and then worked on our issues as one whole, not two separate entities. As one of the goals of riding is to work seamlessly with your horse partner, this particular session was as beneficial as it was fascinating.

Willie is currently on simple maintenance sessions. I consider his time with Linda as important to his overall health regime as nutrition and exercise.

Nanette Beatty-McArdle



Willie & Nanette

Linda Mitchell-Dominguez
Healing Path-Equine Cranial Sacral Therapy
956 Ridge Road
Newton, NJ 07860

Healing Path



Equine Cranial Sacral Therapy

"The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit and freedom."

Linda Mitchell-Dominguez

956 Ridge Road

Newton, NJ 07860

<http://home.earthlink.net/~simplylinda7/index.htm>

973-632-3797

About the Healer

Linda Mitchell-Dominguez
NCTB, LPN, CST, RM
Member AMTA



Linda is a Holistic Nurse and Practitioner. Her nursing background compliments her practice as a Nationally Certified Massage & Bodywork Therapist; Cranial Sacral Therapist (CST) with advanced training in Pediatrics and Equine CST; Somatic Emotional Release Therapist (SER) and Reiki Practitioner.

Linda brings to her practice shamanic skills from the Michael Harner method. She is an honors graduate of the Institute for Therapeutic Massage in Pompton Lakes, and has additional training through The Upledger Institute in Florida.

She works for the Mind & Body Center in Morristown, has her own private practice (The Art of Touch) in Newton, NJ, and is the Founder and Executive Director of the Holistic Mentorship Network, a non-profit organization that support holistic practitioners.

What Is Equine Cranial Sacral Therapy?

Equine Cranial Sacral Therapy is applied to horses, providing a gentle, non-invasive method of evaluating and enhancing the function of the animal's own natural healing mechanisms. It is used to dissipate negative effects of stress on the central nervous system, while also allowing for a strong sense of well-being and resistance to disease.



It is recommended that Cranial Sacral Therapy sessions be done no less than 48-72 hours prior to a show.

The benefits of Equine Cranial Sacral Therapy include:

- Enhanced performance
- Flushed toxins from muscles and joints
- Improved disposition
- Increased blood and lymph circulation
- Increased oxygen flow
- Injury prevention
- Joint flexibility
- Maintenance of muscle tone
- Recovery from skeletal and muscular surgery/injury
- Reduced muscle spasm
- Release of endorphins
- Relief from arthritis, hip dysplasia, lameness, and muscle pain
- Stimulated healing
- Stress reduction/relief

\$85 per session (60-90 min)