



Sarah has been involved with horses for over well over 45 years. She has been a full time Equine Therapist and Independent Saddle Fitting Assessor for over 14 years full time (part time before that) and involved in natural therapies for over 35 years. Sarah has an extensive background in working with horses of all different disciplines. She was one of the first therapists in NZ to really promote professional bodywork on endurance horses and also help educate them about saddle fitting. She has had many North Island and National champions in all disciplines as clients over the years. She traveled to France to the 2014 World Equestrian Games with the NZ Endurance team as the official team therapist working on horses and riders.

Horse of the Year is an event that Sarah worked at as an Equine Body Worker and Independent Saddle Fitter and has done for many years supporting her clients in all disciplines. Sarah has been a Seminar presenter at the 2014, 2015 & 2016 Equidays. She was one of the first clinicians to give a seminar on saddle fitting at this event that was so full the attendees were out the door!! She gave seminars each day on Signs of Soreness and Saddle Fitting and also Massage Moves which were both extremely popular. More recently at Equifest November 2020 Sarah held clinics all three days on Signs of Soreness and Saddle Fitting and Massage Moves.

Sarah was the NZ course organizer for the internationally recognized Equinology courses for many years after asking them to come to NZ. By organizing these courses, she always kept up with the latest training and information.

She ran a professional 4-day saddle fitters' course for The English Saddle Company in February 2015, with an extra 2 day follow up course for successful students after that. Sarah helped with stream lining ESCs range and also design features of some of the saddles they stocked. Sarah is now holding horse owners' and professional courses for trainers and therapists. She has given many demos on Saddle Fitting and Gait assessment and Massage Moves all around the country.

Unfortunately, at the end of 2016 Sarah had an accident that put her out of action for a while. She is now back into it again looking at horses holistically, doing independent saddle fitting assessments, bodywork techniques such as Equine Sports Massage, Stretching, Acupressure, Myofascial Release, & Light Therapy etc, and also assesses any behavioral issues, gait and training problems. Owners are always given homework exercises.

Sarah works with all breeds & disciplines - from minis to racehorses, show jumpers to pleasure horses and everything in between, and all levels of riders. She has trained with top instructors in their field from around the world. Sarah has also trained in Human Massage and other therapies. Check out www.sarahlinton.com/about/background-training.html

Looking at the whole horse is essential to getting everything working the best it possibly can. Educating owners to look for signs of soreness and learn basic massage & stretching techniques, and looking at how their saddles are fitting, results in a better rider horse relationship and better performance.

Currently based in around the greater Waikato and Bay of Plenty and regularly goes to the lower north island. Will consider other areas for groups.

Check out Testimonials on www.sarahlinton.com/about/testimonials.html

See Sarah's website for more information www.sarahlinton.com

For bookings and enquiries: bookings@sarahlinton.com