

## BEHIND THE HORSE

# Gillian Higgins

## Horses Inside Out

*Gillian Higgins is the lady behind Horses Inside Out, a fascinating company that uses paints and show the muscles, bones and tendons, in addition to other anatomical systems, on the outside of a live, moving horse. Showing the position of these 'parts' on a horse in action makes it easier to understand how various aspects work together. Gillian works across the UK and beyond, and actually met our very own Queen Bee, Emma Warren, at World Horse Welfare's Glenda Spooner Open Day.*

### A bit about your background – how did you get into this career?

My main passions in life are horses, anatomy being creative and teaching. As a Sports and Remedial Therapist, I realised that many of my clients were asking the same questions about their horses, particularly in relation to their backs. I decided to hold a workshop outlining the areas most prone to problems and showing them how, by understanding their anatomy, they could improve performance and reduce the risk of injury. I was then asked to give a presentation to the Event Horse Owners Association and the British Horse Society. One demonstration led to another and Horses Inside Out grew from there.

### Who's your favourite horse and why?

Freddie Fox, my own horse, is very special to me. We competed at intermediate and CIC \*\* eventing. He is such a character, cheeky, patient and kind. He was the first and the main model for Horses Inside Out which really changed my life. I think he is the most painted horse in the world!! He is on the front cover of all my books and DVDs.

### What's your favourite event and why?

I have very fond memories from Gatcombe horse trials. I love the parkland and the open galloping course.

### Proudest moment?

Winning the Knowledge West Enterprise Awards for my business Horses Inside Out.

### What's a typical day like?

Every day is different!! I love the variety of my life. On a day when I have a live painted horse evening lecture demonstration, we usually travel to the venue ready to meet the team and then do rehearsals at 10am. After lunch we start painting the horses. With a team of 4-6 people it takes about 5 hours to paint 2 sides of 2 horses. At 6pm we have the final checks in the arena and the people start to arrive. The evening lecture demonstration starts at 7pm. This is dynamic and energetic evening full of information, exercises and tips for improving health and performance. People often leave saying - 'Ahhh! That explains why my trainer says to do x' and 'I wish I had seen this years ago!!'.



### What's the most rewarding bit about your job?

Knowing I'll be making a difference to horses through educating horse riders, owners, coaches, therapists, saddlers, farriers and other professionals.

### What are you most looking forward to this year?

Horses Inside Out Tour in Australia in November and eventing my young horse this season.

### Event rider and horse combo you most admire and why?

Andrew Nicholson and Nereo. Incredible cross country rider.

### Favourite holiday destination?

Riding safari in South Africa!

### Stand you MUST visit at events

Shockingly I am not a fan of shopping!! But I do enjoy looking at the horsey art exhibits!

### Product you'd love to own

Haygain Bale Steamer

### Horse you'd like to steal (favourite horse on the eventing circuit)

La Biosthetique-Sam

### Favourite drink

Belvoir Fruit Farms Elderflower Presse

### Horse kit you couldn't be without

Wow saddle

### Favourite food

Spaghetti bolognese with cheddar cheese

### What do you like to do when you're not working

Mountain biking, skiing.

To find out more  
about Gillian Higgins  
visit

[www.horsesinsideout.com](http://www.horsesinsideout.com)



[www.youtube.com/user/horsesinsideout](https://www.youtube.com/user/horsesinsideout)