



Mary Debono

Mary@DebonoMoves.com / DebonoMoves.com

Mary Debono helps people – and their dogs, cats and horses – enjoy freer, healthier movement despite injury, arthritis, aging and other challenges. She is the author of the award-winning, Amazon best seller, *Grow Young with Your Dog*. Mary travels internationally to teach people how to create mutually healing relationships with their animals.

Presentation Topics

Grow Young with Your Dog®

Learn How You and Your Dog Can Feel Better at Any Age!

Dog lovers want their dogs to stay happy and active for as long as possible. They also wish to feel youthful themselves, avoiding the decline in flexibility, balance and stamina that often occurs as people age. Mary Debono can teach you how to reduce stress and enhance wellness and vitality for you and your dog.

Grow Young with Your HorseSM

Conquer Fear, Improve Performance & Create a Partnership

Do you want your horse to stay sound and happy? Mary teaches a gentle, hands-on approach that helps horses and humans be more balanced and confident in mind and body. Give back to your horse while you both improve your performance, flexibility, joy and vitality.

Improve Your Balance & Effectiveness in the Saddle

Body Awareness, Flexibility & Posture for the Equestrian

Riders often have difficulty maintaining position and balance and developing “feel.” Mary uses the popular *Feldenkrais Method*® to enhance sensory awareness, coordination, flexibility and balance. Leave your horse at home and improve your riding effortlessly!

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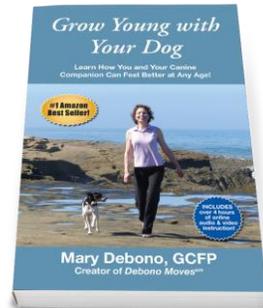
Mary Debono

12604 Robison Blvd, Poway, CA 92064

Mobile Phone: 760-815-1173 Mary@DebonoMoves.com



Author of the award-winning,
Amazon #1 bestseller:



Available on Amazon.com

What Clients Have to Say...

“Mary combines an amazing knowledge of anatomy, movement, structure, behavior combined with love, empathy and observation. Best of all she is articulate and a good communicator. It will forever change how you interact with your dog and all animals, including humans!” – Tina Steward, D.V.M., Veterinarian, Eugene, OR

“Mary Debono is skilled at making both you, the rider, and your horse feel better than you ever have. Through exercises, workshops and hands-on technique, Mary teaches ways to be more balanced and flexible, whether you have two legs or four.” – Victoria Cummings, author of *Teachings of the Horse*