

What is Centered Riding®?

Centered Riding® is an innovative way of expressing the classical principles of riding, using body awareness, centering, and imagery. Centered Riding was developed by **Sally Swift**, author of the best-selling books, and is now taught by Centered Riding Instructors around the world. Centered Riding encompasses all seats and styles of riding, teaching balance, clearer communication and harmony between horse, rider, and instructor.

Centered Riding is based on a knowledge of human and horse anatomy, balance, movement, and on understanding how the mind affects the body and how both affect the horse. It uses centering and grounding techniques from the oriental martial arts, along with body awareness techniques, mental imagery and sports psychology to improve the teaching and learning of all kinds of horsemanship. Through increasing body awareness, inhibiting old patterns, and replacing them with a more balanced, free, and coordinated use of self, both horse and rider can move more freely and comfortably, communicate clearly, and develop their best performance.



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Centered Riding®

Mind, Body, Horse...



Make the Connection!



What are the Benefits of Centered Riding?®

Centered Riding teaches you how to help your body do what you need to do in order to ride your best. Centered Riding techniques help promote balance, suppleness, stability, and clearer aids, making riding more comfortable for both horse and rider. As you learn and

experience the principles through your horse's movement and responses, you and your horse tune in to each other and work together in harmony. These techniques can increase confidence and

enjoyment and release tension in horses and riders, making training easier. They can also help people cope with old injuries or chronic conditions that cause pain during or after riding.

Centered Riding is used successfully by riders and instructors of all ages, interests, and levels, from pleasure riders to international competitors, and in therapeutic riding. It can be applied to any type of horse or horsemanship. Most of all, it makes riding more enjoyable for horses and riders.



▶ *The Basics of Centered Riding*

Soft Eyes – Encourage visual and physical awareness, better peripheral vision, and improved “feel.”

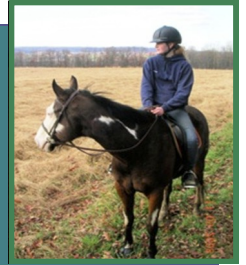
Breathing – Using the diaphragm and breathing correctly for better posture, relaxation, and energy.

Balance or Building Blocks –Aligns the rider's body for improved balance, straightness, and ease of movement.

Centering – Using the center of balance, movement and control, located deep in the body, gives quiet strength, harmony and power, as in the oriental martial arts.

These fundamentals, along with **clear intent** for effective control, direction and use of aids, and **grounding** for stability and balance, promote freedom of movement, confidence and harmony between horse and rider, and can help in solving many problems.

▶ *How to Find a Centered Riding® Instructor or Clinic*



Centered Riding® is a registered trademark owned by Centered Riding, Inc. Only currently qualified Centered Riding Instructors may teach Centered Riding or give Centered Riding Clinics. Instructors become qualified to teach Centered Riding by completing a two part, seven day instructor course.

All currently qualified Centered Riding Instructors and Clinicians are listed in the **CR Instructor Directory** and on the **Centered Riding website**.

Centered Riding Clinics are listed on the **Centered Riding Website** at www.centeredriding.org.

For information on a particular clinic, please contact the clinic organizer.

