

## **SUBJECTS FOR OPEN (INTRODUCTORY) CENTERED RIDING CLINICS**

Please Note: This is a list of topics for Centered Riding Clinicians teaching Open Centered Riding Clinics; the most important core concepts are marked with a star. It is NOT a required syllabus for Open Clinics. Clinicians should cover the CR Basics, keeping in mind that participants may use an Open Clinic to qualify for the CR Instructor Course. Clinicians should use their own judgment in deciding what to teach in any Open CR Clinic. All the topics listed here cannot be covered in a single clinic.



### **Introductory Lecture**

**(Optional; often held evening before clinic begins)**

#### **Introduction to Clinic**

Welcome; introductions

Orientation; clinic site information Clinic schedule

Purpose of CR clinic; what is covered

#### **What is Centered Riding?**

Sally Swift & how CR got started

\*What CR is & how it can help

\*Basic anatomy (with skeleton)

\*Awareness principles: aware, inhibit, allow;

Use of self; unconscious habit patterns

Natural balance & freedom and how we lose it  
(childhood to adulthood)

Regaining balance & freedom of body

Alexander work & application to riding; difficulty

of allowing; tendency to "make, do & fix"

\*The 4 Basics, Grounding, Clear Intent: what they are  
how they apply to ordinary riding;

\*Brief exercises to experience each of the 4 Basics:

Soft vs. hard eyes

Breathing

Centering / finding the center

Balance/building blocks

Grounding

Clear intent

#### **About Centered Riding, Inc. & services:**

What Centered Riding, Inc. is & does (non-profit)

CR membership; Rider Membership Program

CR Instructors (levels, how to become, etc)

CR Website, Clinic Schedule, Instructor Directory,

CR News & E-News

CR Annual Symposium

Becoming a CR Instructor

#### **\*Have available to distribute:**

CR brochures

CR Rider Membership Program forms

Handout: What is Centered Riding

Any other handouts you wish to use

### **Body Awareness & Groundwork**

\*Shakeout

\*Soft eyes vs. Hard eyes

\*Breathing exercises; breathing from diaphragm

\*Finding the Center; effects of centering

\*Unbendable arm exercise

\*Exercises for grounding feet

\*Balance or "building blocks"

\*Clear Intent

### **Dismounted work, cont' d: Anatomy & function:**

\*Pelvis and hip joints; awareness of hip joint

\*Balance of pelvis

\*Feet, knees & angle of toes

\*Feet: reflex point / "bubbling spring," stirrup placement

\*Balance of head & neck

\*Arms & hands, reins

\*Center & Grow

Shoulder girdle; shoulder blades

Neck & skull anatomy: atlas, neck release

Back: sacrum, lower back, mid & upper back

Rib cage & collar bones

Getting out of a chair

Buttress exercise

Intro to trampoline work

Monkey/reverse monkey or open/close

Swing Your Partner exercise

Alexander lie-down

### **Saddle Fit & Balance**

Basic saddle balance/fit concepts

\*Individual check of saddle fit/balance; adjustments

### **Body Work (Mounted)**

\*Balancing pelvis & placing seat bones

\*Finding the Center

\*Balance of head & neck

\*Grounding feet ("bubbling spring"; tap feet

Teeter-totter exercise

Shoulder release

Leg release

Self body work ("Indian" exercise)

### **Centered Riding Lesson Topics**

\*Walk & Following Seat (leading with eyes closed;  
awareness & movement)

\*Using the center: halts, transitions, steering

\*Turning with the center

\*Finding balance (at halt, walk, 2 point, posting trot)

\*3 seats or 2 seats in trot (2 point, posting, sitting)

\*Transitions

"Center & grow" half-halts (re-balancing)

Center & Clear intent

Bending & turns; riding on "railroad tracks"

Trotting in balance ("effortless" posting trot)

Canter work

Connection & contact

Lateral work

Applications of CR techniques to horse & rider problems,  
various disciplines & levels of training