

How Centered Riding helps you as a rider

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When you ride, drive or work horses in-hand, whether for pleasure or competition in any discipline or style, Centered Riding can help you reach your goals.

People of all ages who are new to riding or who return to riding after many years, as well as those who have been injured or have physical challenges, can learn to release tensions and blockages and begin to ride with less pain and worry. Centered Riding techniques can be used to help build confidence for all types of riders.

Through the practice of the Four Basics - Centering, Building Blocks, Breathing and Soft Eyes plus Grounding, you can gain a deeper, more balanced position that allows for a secure seat, efficient and almost imperceptible use of the aids, thus enabling the rider to work in greater unison with the horse.

Centering also incorporates focusing your intent on how and where you are riding. Through the use of descriptive mental images and fun exercises, you can gain better understanding and self control for riding movements and techniques. Centered Riding aids in the development of mental understanding and physical feel for the horse. The horse is able to become a more willing and cooperative partner; it's movements are enhanced to create a more athletic performance.

As Centered Riding leads you into the study of human anatomy and physiology, you become more aware of how your bones support your body and how muscles move your body. This can help you identify crookedness or old habits that interfere with both you and your horse and find new more effective ways of balancing and moving. Centered Riding also can open up new lines of study and bodywork such as T'ai Chi, Alexander Technique, Yoga, Pilates and other bodywork modalities. Most important of all, by using Centered Riding as a rider, your horse will appreciate your efforts that allow him to perform happily and comfortably, giving both you, the rider, and your horse an enjoyable experience.

Photo - Sam Morrison riding "Quiet Testimony"

