

About Centered Riding®, Inc.



Centered Riding, Inc. is a non-profit educational organization established to qualify instructors, teach, maintain, and promote Centered Riding. We offer:

- ◆ Centered Riding Clinic Schedule
◆ (on the CR website)
- ◆ Centered Riding Instructor International Directory (online)
- ◆ Centered Riding Rider Membership and Rider Recognition Program
- ◆ Centered Riding Member Newsletter and Centered Riding eBulletin
- ◆ Annual Centered Riding Symposium (open to anyone interested in Centered Riding)
- ◆ Information and referrals to Centered Riding Instructors, Clinicians, and Speakers
- ◆ Visit the Centered Riding website at www.centeredriding.org

Centered Riding, Inc. is a 501-C-3 non-profit organization. Contributions to support the work of Centered Riding are tax deductible.

Centered Riding® Clinics

- ◆ **Open Centered Riding Clinics** For all riders of various levels and disciplines. Clinics may introduce newcomers to the Centered Riding Basics and/or provide ongoing education for those with experience in Centered Riding.
- ◆ **Centered Riding Instructor Course** For Instructors who have completed an Open Centered Riding Clinic. 7 day, 2 part course teaches instructors to apply Centered Riding methods in their teaching and qualified them as Level I centered Riding Instructors.
- ◆ **CR Instructor Update Clinics** Further study, continuing education, professional development and advancement for Centered Riding Instructors.

Centered Riding® Instructor Levels

- Level I Instructors** qualified to apply Centered Riding techniques in their discipline.
- Level II Instructors** have further education & development in Centered Riding.
- Level III (Clinician) Instructor / clinicians** qualified to teach Open Centered Riding Clinics.
- Level IV Instructor / Clinicians** qualified to teach Open & Advanced Centered Riding Clinics, CR Instructor Courses and Instructor Update Clinics.

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.

Centered Riding®



Mind, Body, Horse

Centered Riding, Inc

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Non-profit organization



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.



Become a Centered Riding® Instructor

The demand for Centered Riding Instructors is growing steadily with requests for instructors coming into the website from around the world. Become a Centered Riding Instructor and learn how to use Centered Riding techniques to help your students become effective riders more quickly - and the horses really love it!

Prerequisites

- Minimum age of 18 years
- Able to ride all 3 gaits (walk, trot and canter/lope) in balance in a group lesson
- Has participated in a minimum of one (1) Open CR 2-3 day clinic or two (2) or more 1-day Open CR clinics (use our clinic search form to find a suitable clinic)

Alternatives:

1. Has been a student rider at a CR Instructor Course or Update Clinic and have a recommendation from the Clinician or assisting Apprentice

OR

2. Has taken a minimum of 6 lessons from a Level III or 4 lessons from an Apprentice or Level IV and have a recommendation from that person to take the Instructor Course

- Has minimum experience of one year teaching riding (candidates need not be employed as full-time riding instructors)
- Strongly recommended candidate hold current First Aid & CPR Certificate for their country
- Accommodations for disabled instructors will be made on a case-by-case basis.

Instructor Course

- Must participate in all 7 days of the course and attend Parts 1 (3-days) and 2 (4-days) of the same course
- No more than one half-day of the course may be missed
- Centered Riding and Centered Riding 2: Further Exploration are required texts for the CR Instructor Course and instructor candidates are expected to have read them and be familiar with their content by the end of Part 2
- Both books are available in several languages and the English version can be purchased through the Centered Riding office
- At the end of the course, successful candidates must fill out and submitted the New Instructor Membership Form to the clinician and pay the annual Instructor Level I certification fee

Upon Successful completion of the course, new instructors:

- Will receive their CR Instructor Record book (orange record book)
- Will receive a Certificate as a Certified Centered Riding Instructor, which will be mailed from the Centered Riding office
- Will be listed on the Centered Riding website as a Level I Centered Riding Instructor
- May use the Centered Riding logo in advertising
- May advertise that as a Centered Riding Instructor and that you teach using Centered Riding techniques
- Will be listed in the Annual Directory of Centered Riding Instructors

To maintain standing as a Certified Centered Riding Instructor, certification renewal must be paid annually and the Instructor must participate in an Instructor Update clinic within two years of the completion of the course and then in accordance with the update policies.



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.

