



## Centering Exercises to Do By Yourself by Sally Swift

### 1. While mounted, without stirrups:

- Shift between Hard and Soft Eyes, ending with Soft Eyes.
- Breathe deeply into all the different parts of your body.
- Locate your Center by placing your hand on your sacrum.
- Free the head and neck; gently bobble the head to free the slippery poll.
- Lengthen the spine by imagining wet sponges between each vertebra.
- Find pure balance and float forward and up.
- Shake yourself out.
- Swivel to find the connection between the top and bottom half of you; think forward as you swivel.
- Pull Your Strings - the one at the top of your head and the ones attached to your spur rests, all at the same time.

### 2. While mounted, sitting in saddle with feet in the stirrups:

- Collapse into solar plexus, drop head to chest opening the hip area.
- Open vertebrae one at a time starting from the sacrum, allowing the hip area to remain open. Let weight go down the legs.
- Float forward and up.
- Shiver your knees.

### 3. While mounted, seat out of saddle with feet in the stirrups:

- Winged Victory (or Kate Winslett in The Titanic) - Reverse Monkey (stand up with hips fully open and extended) over pommel of saddle. If there is pain from arching the back, DO LESS. To come down: Float, free the neck and free the hips, then lengthen the back and flex hips to sit.
- Shiver Your Knees in two-point.
- In two-point, reach for your horse's ears by folding from the hips, sending your seat towards the back of the saddle with your feet grounded and with good calf contact at the bottom of the saddle flap just behind the girth.