

Centered Riding®: Notes for Trail Riders

***Body Awareness:** Feeling what your body is doing, how you affect the horse so you can help instead of hinder. Become aware of your bones and use them as well as your muscles for more effortless riding.

***Start with a properly fitted saddle that is balanced on the horse and allows you to be balanced on the horse.**

***The Basics:**

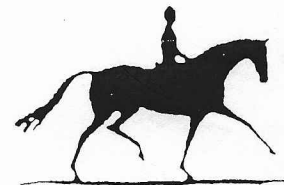
Soft Eyes: for greater field of vision and less tension.

Proper Breathing: to reduce tension and fatigue.

Building Blocks: for balance, comfort and security.

Centering: for security, control and energy.

Grounding: for energy, security and power.



***Find the "Power Position" and the strength of the "Unbendable Arm."**

***Tips to remember:**

Flashlights in your seat bones point straight down to balance pelvis.

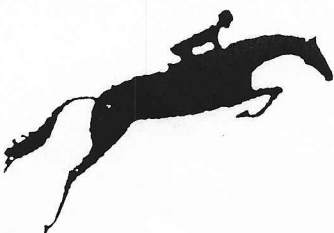
Headlights in your chest for stable turns.

Hand overhead exercise for lateral balance.

Flexible ankles help keep all joints flexible!

Use of the Bubbling Spring reduces foot fatigue.

Pain means something is wrong!



Rider's center over horse's center.

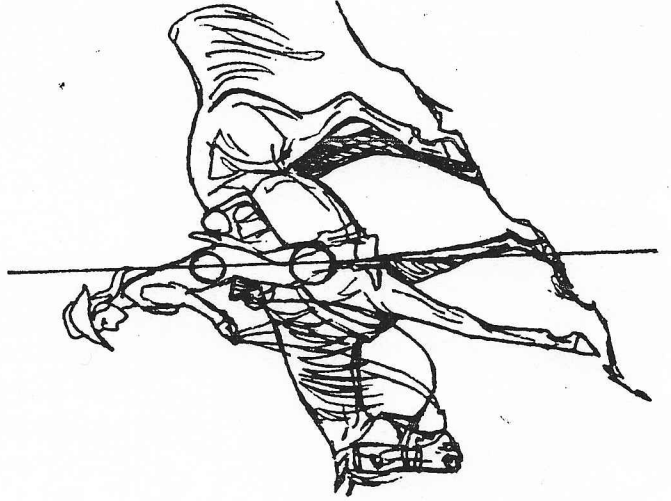
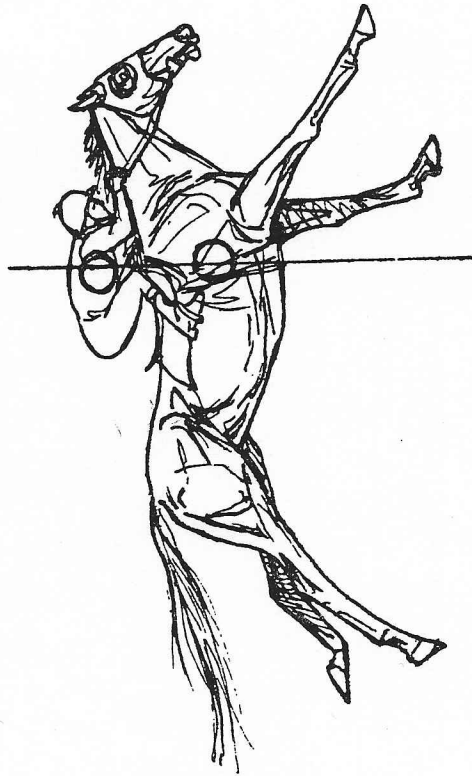
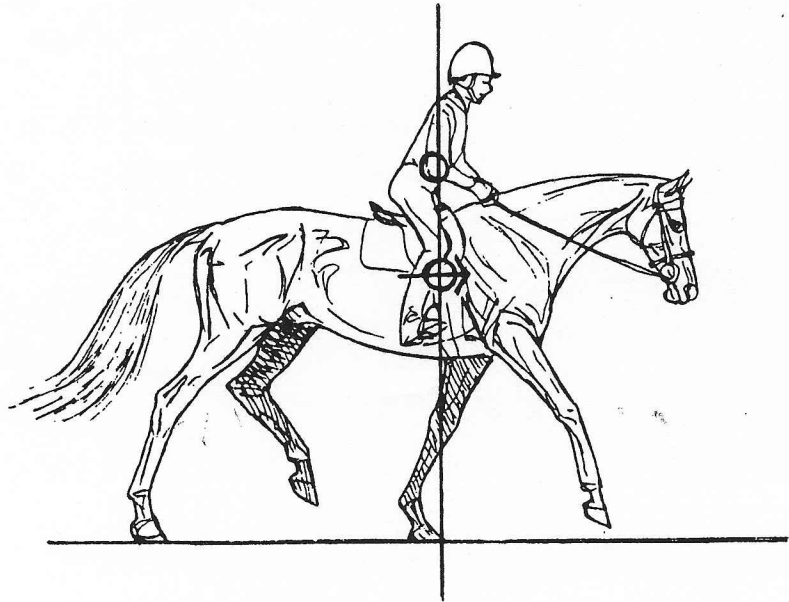
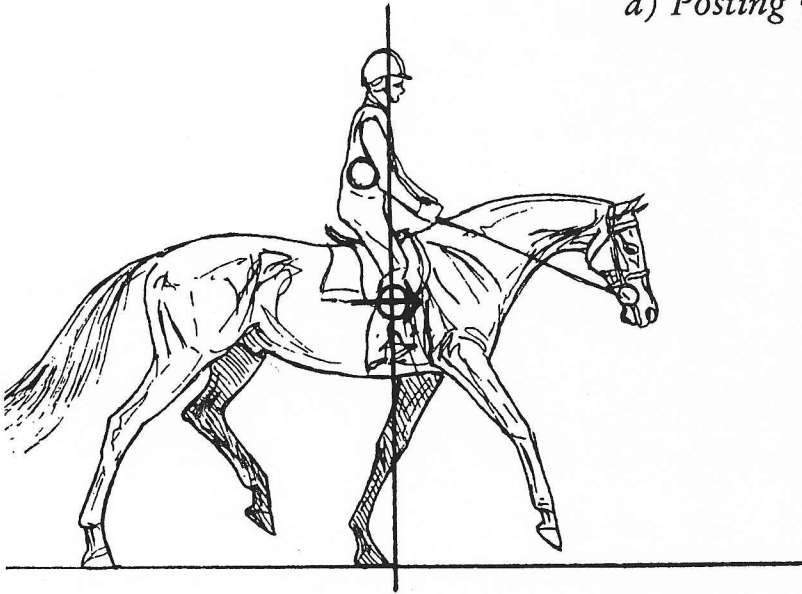


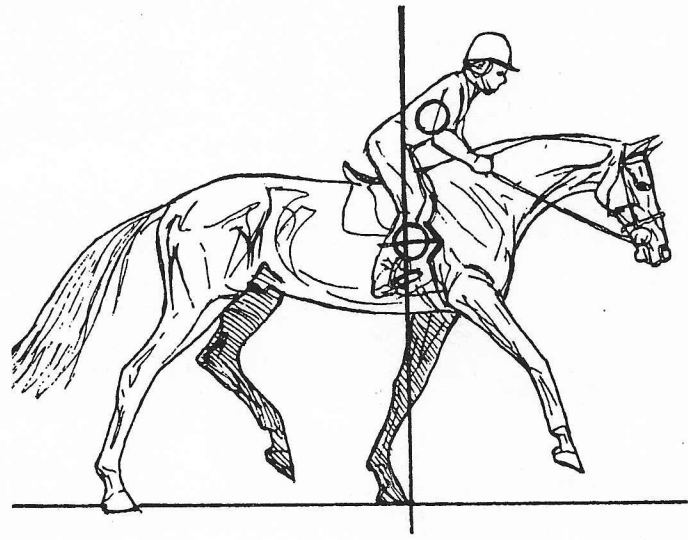
FIGURE 2 *Rider's center of gravity:*



a) Posting with the motion



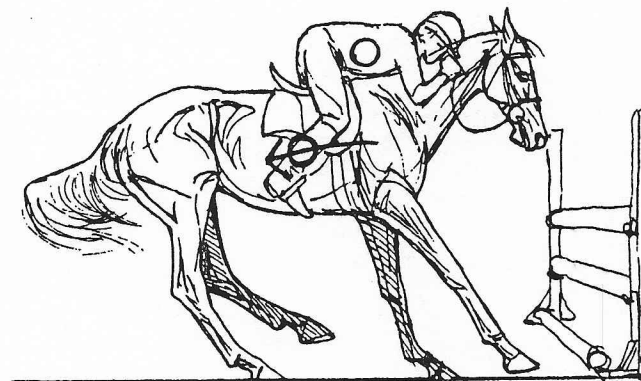
b) Posting behind the motion



c) Posting ahead of the motion



d) Falling behind the motion ("left behind")



e) Falling ahead of the motion