What is Centered Riding?

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Level IV (Advanced) Centered Riding Clinician

Art work by Susan Harris
Sally Swift
1903-2009
Founder of Centered Riding
Ride your bones!
Vertical seat, jumping seat, back view
Rider problems: chair seat, round back, hollow back
Rider straightness and crookedness
Soft eyes
Breathing
Finding the Center
Turning From the Center
Balance
Finding balance in the saddle

- Balance pelvis
- Balance head & neck (top of head released forward & upward)
- Release & lengthen back
- “Teeter” forward & backward to find balance
- Exhale & allow center to settle deep in body
Grounding

Balance point of foot
Following seat—the rider follows the horse’s movement with free joints.
Visible Rider on the trampoline
The Pelvis and Hip Joints
The Skull and the Atlas
Startle Reflex & Release

1. Skull and cervical vertebrae
2. Underside of skull, showing condyles
3. Startle reflex
4. Lengthening neck and balancing head
Balanced joint: stress evenly distributed

Unbalanced joint: results in torque and unequal stress
Angle of foot parallel to angle of thigh

Angles of knees, thighs & feet are determined by the shape of the horse
Feet forced in, stressing joints
Hollow, stiff horse & rider
Better use of body; happier horse & rider
Bridle-less flying change
Centered Riding for Dressage
Centered Riding for children
Centered Jumping clinic
Western Centered Riding

Visible Rider in western jog

Reining
Pole bending: speed event
Centered Riding and Therapeutic Riding
Centered Riding for Trail, Distance and Endurance Riding
Centered Driving
The Visible Rider on an Icelandic Horse in tolt
Saddle Seat Equitation
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• Centered Riding Instructor List
• Centered Riding Clinic Schedule
• How to become a Centered Riding Instructor
• Sally Swift’s Books & Videos:
  Centered Riding &
  Centered Riding II: Further Exploration
Anatomy in Motion I, the Visible Horse and Anatomy in Motion II: The Visible Rider, available on VHS video & DVD from Trafalgar Square Publishing.

Susan E. Harris’ books, videos and clinic schedule are also available at www.anatomyinmotion.com