



Dedicated to Sally Swift  
who has made an impact  
upon horses and riders  
all across the world

# Board of Trustees

**Founder/Emeritus:** Sally Swift – 802-254-4084 (founder@centeredriding.org)

**President:** Linda Galt Powley – 808-238-0371 (president@centeredriding.org)

**Vice-President:** Jamison L. Wallace – 860-355-3120 (vicepres@centeredriding.org)

**Secretary:** Carol Parker – 207-929-8799 (secretary@centeredriding.org)

**Treasurer:** Stephanie Derbyshire – 401-228-5379 (treasurer@centeredriding.org)

**Trustees:** Sally Bauder – 518-864-5878 (sallybauder@hillcroftstables.com)

Margreet Bouwmeester – +(31) 6 55 712 568 (alona@home.nl)

Debra Crampton – 212-627-1557 (mayasway@mac.com)

Kathy Culler – 609-799-7361 (kculler@comcast.net)

Claudia DiSanto - +(43) 1 907 8591 (claudia.heiss@newsclub.at)

Susan Harris – 607-753-7357 (sueharris46@yahoo.com)

Heidi Potter – 802-380-3268 (potter5@sover.net)



**Centered Riding, Inc.**  
**P.O. Box 157**  
**Perkiomenville, PA 18074**  
**610-754-0633 / Fax 610-754-0634**  
**office@centeredriding.org**  
**www.centeredriding.org**

Centered Riding<sup>®</sup>, Inc. is a 501(c)(3) not-for-profit organization whose mission is to:

- Promote awareness of Centered Riding
- Teach the principles of Centered Riding
- Integrate Centered Riding into all disciplines
- Provide educational and membership services

# 2009 Committees

**Budget (budget@centeredriding.org):** Stephanie Derbyshire (Chair), Linda Galt Powley

**Business Planning (businessplan@centeredriding.org):** Lisa Pritchard (Chair), Sue Leffler, Deb Moynihan, Mimi Pantelides, Elaine Meredith Steele

**eBulletin (newsletter@centeredriding.org):** Sam Morrison (Chair), Margreet Bouwmeester, Carol Parker, Linda Galt Powley, Jamison Wallace

**Educational Conference (symposium@centeredriding.org):** Jamison Wallace (Chair), Dorothy Crosby, Melanie DeRice, Sue Leffler, Crystal Stover

**International Liaison (internationalliaison@centeredriding.org):** Claudia DiSanto (Chair), Lotta Månsson,(Co-Chair), Sally Haney, Susan Harris, All International Liaisons

**Fund Raising Committee (fundraising@centeredriding.org):** Linda Galt Powley (Chair), Kathy Culler, Suzanne Sheppard

**Grievance/Resolution (grievance@centeredriding.org):** Peggy Brown (Chair), Sally Bauder, Carol Parker

**Level II Applications (Level2apps@centeredriding.org):** Sally Bauder (Chair)

**Level IV Advisory (Level4committee@centeredriding.org):** Sue Leffler (Chair), All Level IV Clinicians

**Newsletter (CRNewsletter@centeredriding.org):** Annemarie Roketenetz (Editor); Jamison Wallace (Chair), Ann Cummings, Marcie Greenburg-Ehrman

**Nominating (nominations@centeredriding.org):** Ann Cummings (Chair)

**Policies and Procedures (policies@centeredriding.org):** Gail Field (Chair), Deb Moynihan, Sue Leffler

**Publicity (publicity@centeredriding.org):** Crystal Stover (Chair), Anne Källgren, Heather Leach, Mary Trafford, Sonja Wagershauser, Mary Wright

**Regional Groups (regionalgroups@centeredriding.org):** Diane Kaser (Chair, Great Lakes Region), Melanie DeRice (Northeast Region), Rebecca Hudson Billard (Southeast Region), Sandra O'Reilly (South Pacific Region), Andrea Chirich, Karen Irland

**Sally Swift Scholarship Fund (scholarshipfund@centeredriding.org):** Gloria Savin (Chair), Sue Leffler, Sam Morrison

**Trademark Infringement:** Kathy Culler (Chair), Peggy Brown, Susan Harris

**Volunteer (volunteer@centeredriding.org):** Andrea Chirich (Chair), Kathy Culler, Diane Kaser, Suzanne Manley, Sam Morrison, Vanda Oosterhuis, Lisa Pritchard, Mary Trafford, Jamison Wallace

**Website (website@centeredriding.org):** Linda Galt Powley (Chair), Mary Trafford, Sue Leffler

# International Liaisons

The following members have acted as a liaison between Centered Riding, Inc. and the members from the country they represent. Special thanks for all their hard work.

**Australia:** Alison Logan

**Austria:** Claudia DiSanto, Petra Rieck

**Belgium:** Margreet Bouwmeester

**Canada:** Sue Falkner-March, Mary Trafford

**Denmark:** Lotta M Månsson

**England:** Lisa Pritchard

**Finland:** Gunilla Wahlberg, Eerika Häkkinen

**Germany:** Tatiana Peter

**Ireland:** Uschi Schweiger O'Connor

**Italy:** Brigitte Mächler

**Netherlands:** Margreet Bouwmeester

**Norway:** Marte Teigen

**Scotland:** Lesley Furnell

**Sweden:** Lotta Månsson

**Switzerland:** Christa Müller

If you wish to contact the International Liaison Committee, please send an email to [internationalliaison@centeredriding.org](mailto:internationalliaison@centeredriding.org)

**Centered Riding** is a way of expressing the classical principles of riding. It offers a new dimension to the world of equestrian arts. Centered Riding's foundation is built on the **Four Basics** and **Grounding**:

**Soft Eyes** allow for a greater field of vision, increased awareness of your own and your horse's body, less tension and easier, freer forward movement.

**Proper Breathing** also reduces tension in your body, helps lower your center of gravity and allows the horse to become quieter and more responsive, while reducing your fatigue.

**Centering** takes you to your center of control and energy deep in the lower body, below and behind the navel. This also allows your seat to be stable and secure. Centering releases tensions that block the dynamic balance in your body and leaves you ready for the next movement of exercise.

**Building blocks** give you true and consistent balance over the horse's center of gravity, and allow your horse to move fluidly and comfortably.

**Grounding** encourages stability, strength and connection to the Earth.



**Centered Riding,® Inc.** recognizes the following instructor standings. Commitment to the ideals and principles of Centered Riding accompanies progression through the four instructor levels. Advancing through the levels of Centered Riding is a process that takes time. Advancement, therefore, indicates the instructor's ability to employ a more in-depth understanding of Centered Riding's techniques in his/her teaching, regardless of the discipline (Western, Dressage, Endurance, Jumping, etc.)

**Level I Instructor:** A riding instructor who has successfully completed a two-part Centered Riding Basic Instructor Course.

**Level II Instructor:** The Level II Instructor has further experience in applying Centered Riding principles to his/her own riding, teaching and use of self. In addition to teaching, Level II Instructors may give demonstrations and lectures.

**Level III Instructor:** The Level III Instructor, through further growth and development, has a greater understanding of centering and the mind-body connection. Because they have the necessary experience and training, they are permitted to teach Centered Riding Open Clinics.

**Level IV Instructor:** The Level IV Clinician is one who has completed an apprenticeship with a Level IV Instructor or Sally Swift. These instructors have completed intensive training and have an in-depth understanding of the work. The Level IV Clinician is the only one qualified to teach Instructor Clinics.

**Senior Instructors:** These are Level IV Instructors who have apprenticed with Sally Swift.

# Centered Riding® Around The World

## ENGLISH

**Centered Riding®, Inc. - U.S.A.**  
**Centered Riding – Australia, Canada, England,  
Ireland, and Scotland**

**Centered Riding** is a multi-national organization with members located in Australia, Austria, Belgium, Canada, Denmark, England, Finland, France, Germany, Ireland, Italy, The Netherlands, Norway, Scotland, South Africa, Sweden and Switzerland. For more information on becoming a Centered Riding Instructor, Updating Requirements, or the steps necessary to upgrade to a higher level, go to [www.centeredriding.org](http://www.centeredriding.org) and download a copy of Centered Riding's Policies and Procedures. A list of Centered Riding Clinics can also be found on the website.

## DANISH

**Centered Riding - Denmark**

**Centreret Riding** er en multinational organisation med medlemmer i Australien, Østrig, Belgien, Canada, Danmark, England, Finland, Frankrig, Tyskland, Irland, Italien, Holland, Norge, Skotland, Sydafrika, Sverige, Schweiz og USA. For yderligere information om, hvordan man bliver uddannet instruktør i Centreret Riding, hvad der skal til for at opdatere/opgradere, se hjemmesiden [www.centeredriding.org](http://www.centeredriding.org) og download en kopi af Centreret Ridnings reglement. En oversigt over kurser i Centreret Riding kan også ses på hjemmesiden.

## DUTCH

**Centered Riding – Belgium and The Netherlands**

**Centered Riding** is een organisatie met vele nationaliteiten waaronder leden uit Australië, Oostenrijk, België, Canada, Denemarken, Engeland, Finland, Frankrijk, Duitsland, Ierland, Italië, Nederland, Noorwegen, Schotland, Zuid Afrika, Zweden, Zwitserland en de Verenigde Staten of Amerika. Voor meer informatie hoe je een Centered Riding instructeur wordt, wat de update voorwaarden zijn of de regels om naar een hoger niveau te gaan, kijk op [www.centeredriding.org](http://www.centeredriding.org) en download de Centered Riding Policies and Procedures. Een agenda van Centered Riding Clinics is ook te vinden op deze website.

## FRENCH

**Centered Riding – France**

**Centered Riding** est une organisation multinationale avec des membres qui vivent en Australie, Autriche, Belgique, Canada, Danemark, Angleterre, Finlande, France, Allemagne, Irlande, Italie, Pays-Bas, Norvège, Ecosse, Afrique du Sud, Suède, Suisse et les Etats-Unis. Pour avoir plus d'informations pour devenir formateur des „Centered Riding“, se recycler, ou obtenir le degré supérieur, visitez la page [www.centeredriding.org](http://www.centeredriding.org) et téléchargez les statuts du „Centered Riding“ (Centered Riding's Policies and Procedures). Toutes les coordonnées des Centered Riding (leurs séminaires et adresses) peuvent être consultées sur cette page.

## FINNISH

### Centered Riding – Finland

**Centered Riding** on monikansallinen järjestö, jolla on jäseniä Australiassa, Belgiassa, Etelä-Afrikassa, Hollannissa, Irlannissa, Iso-Britanniassa, Italiassa, Itävallassa, Kanadassa, Norjassa, Ranskassa, Ruotsissa, Saksassa, Suomessa, Sveitsissä, Tanskassa ja Yhdysvalloissa. Halutessasi lisätietoja Centered Riding ohjaajaksi kouluttautumisesta, ohjaajien täydennys- ja jatkokoulutusvaatimuksista löydät niitä järjestön nettisivuilta [www.centeredriding.org](http://www.centeredriding.org) ja lataa sieltä Centered Riding's Policies and Procedures. Sivuilta löytyy myös tiedot järjestettävistä Centered Riding kursseista.

## GERMAN

### Centered Riding – Austria, Germany, Switzerland

**Centered Riding** (Reiten aus der Körpermitte) ist eine internationale Organisation, mit Mitgliedern in Australien, Österreich, Kanada, Dänemark, England, Finnland, Frankreich, Deutschland, Irland, Italien, den Niederlanden, Norwegen, Schottland, Süd-Afrika, Schweden, der Schweiz, und den USA. Für nähere Informationen, wie Sie ein Centered Riding Ausbilder werden können, über Auffrischungsanforderungen oder über die nötigen Schritte, um auf eine höhere Stufe zu gelangen, gehen Sie bitte zu [www.centeredriding.org](http://www.centeredriding.org) und laden Sie sich eine Kopie der Richtlinien und Anforderungen herunter. Eine Auflistung der Centered Riding Kurse kann ebenfalls auf dieser Webseite gefunden werden.

## ITALIAN

### Centered Riding - Italy

**Centered Riding** è un'organizzazione multi-nazionale con soci in Australia, Belgio, Canada, Danimarca, Inghilterra, Finlandia, Francia, Germania, Irlanda, Italia, Olanda, Norvegia, Scozia, Sud Africa, Svevia, Svizzera e gli Stati Uniti. Per ulteriori informazioni su come diventare istruttore Centered Riding, sui requisiti per l'aggiornamento, oppure su come passare a un livello superiore, visitate il sito [www.centeredriding.org](http://www.centeredriding.org) e scaricate una copia del Regolamento e Procedure. Sul sito troverete inoltre il calendario degli stages di Centered Riding.

## NORWEGIAN

### Centered Riding - Norway

**Centered Riding** er en multinasjonal organisasjon med medlemmer fra Australia, Østerrike, Belgia, Canada, Danmark, England, Finland, Frankrike, Tyskland, Irland, Italia, Nederland, Norge, Skottland, Sør-Afrika, Sverige, Sveits og USA. Dersom du ønsker mer informasjon om hvordan du blir Centered Riding instruktør, oppdateringskrav eller de skritt du må ta for å oppgradere til et høyere trinn kan du gå til [www.centeredriding.org](http://www.centeredriding.org) og laste ned et eksemplar av Centered Ridings Policy og Prosedyrer. Du finner også program over kurs Centered Riding skal avholde på denne websiden.

## SWEDISH

### Centered Riding – Sweden

**Centrerad ridning** är en multiinternationell organisation med medlemmar i Australien, Belgien, Danmark, England, Finland, Frankrike, Holland, Irland, Italien, Kanada, Norge, Schweiz, Skottland, Sverige, Sydafrika, Tyskland, U.S.A. och Österrike. För mer information om hur Du kan utbilda Dig till instruktör i Centrerad ridning eller hur Du uppgraderar till en högre instruktörsnivå gå till [www.centeredriding.org](http://www.centeredriding.org) och ladda ner en kopia av regelboken för Centrerad ridning. Där kan Du också hitta ett kalendarie över kurser i Centrerad ridning.



## Centered Riding Donors

With great appreciation, Sally Swift and the Board of Trustees wish to thank the following contributors for their incredibly valuable support.

### 2008 Educational Symposium

These individuals donated their time and expertise at the 2008 Educational Symposium. Their contributions were greatly appreciated.

#### Jamison Wallace (Chair)

Lucile Bump  
Debra Crampton  
Dorothy Crosby  
Judith Cross-Strehlke  
Melanie DeRice  
Ellen Engelkamp  
Laurie Inglis

Sue Leffler  
Francois LeMaire de Ruffieu  
Mimi Pantelides  
Heidi Potter  
Crystal Stover  
Carol O'Donnell Wilson

## Individual Donors

### Reserve Champion Donors

Anonymous Donor  
Charles & Deborah Checkum

Priscilla Endicott  
Elizabeth Hestness

### Blue Ribbon Donors

Lucile Bump

Sue Falkner-March

### Red Ribbon Donors

Gincy Self Bucklin  
Phoebe J. & Alain A. Chardon  
Sue Leffler  
Deb Moynihan

Lise Messier & Nan L. Nall  
Heidi Potter  
Ruth Reich  
Jamison Wallace



## Centered Riding Donors (Continued)

### Boots and Bridle Donors

Pia Basler  
Candace Brown  
Peggy Brown  
L. Jane Crossmon  
Linda Deftos  
Susan Harris  
Betsey Kelleher  
Susan Strong Kelley  
John J. and Anne Kulak

Diana Mollema  
Joan "Sam" Morrison  
S. B. Novak  
Linda Galt Powley  
Signa L. Read  
Sandra Synnestevedt Ruch  
Pat Shelesky  
Robert Tortolani, M.D.  
Kathy Culler

### Friends of Centered Riding

Pamela Albright  
Christine Archer  
Mildred D. Baker  
Martin & Christiane Bauer  
Gwen Boyles  
Beverly Brown  
June Chadwick  
Patricia Cullen  
Darlene Damiani  
Linda Deftos  
Elena & Edward Dodd, III  
Patrice Draude  
Marilyn Evans  
Kathleen A. Fordham, R.N.  
Marita Hammernes  
Guri Hårstad By  
Suzy Heer  
Ryan & Kandis Horton  
Wendell & Madelyn Howard  
Sue Hughes

Tamara Jarow  
Kathy Jawl  
Esther Johnston  
George & Laura Lewis  
Brigitte Mahler  
Valerie McCloskey  
Mimi Pantelides  
Cynthia Pulham  
Ellen Redden  
Petra Rieck  
Annemarie Roketenetz  
Wendy L. Scott  
Renate Sergi  
Roberta S. Shaw  
Elaine & Harvey Smith, Jr.  
Barbara Startari  
Mary Trafford  
Mary Wright  
M. Dawn Ruthven

Tax-Deductible donations can be made to:  
Centered Riding, Incorporated (a 501 (c)(3) Non-profit Corporation)  
The Centered Riding® Education Fund or  
The Sally Swift Scholarship Fund



## Centered Riding Continues to Grow

Centered Riding continued to grow over the past year, now having 710 members worldwide as of the printing of this Directory. This represents an 12% growth from 2008 to 2009 which is remarkable considering the worldwide economic difficulties. Worldwide, there are now 574 Instructors, 218 of which are in the United States, 24 in Canada, 331 In Europe and 1 in Australia. There are 102 Rider members, 88 of which are in the United States, 3 in Canada and 11 in Europe. Additionally, there are 33 Supporting Members – 29 in the United States and 4 in Europe as well as one Business Member not included in number of Instructors (some of whom also have a Business Membership).

During 2008, the first Instructor Course was held in Scotland and during 2009, the first Centered Riding demonstration will be held in Japan. Centered Riding hopes to see the work of Sally Swift expand to benefit many more people and the horses we all love.

Sally Swift continued to receive recognition in 2008, being presented with the seventh annual Equine Industry Vision Award by Pfizer Animal Health and American Horse Publications. Subsequently, several lengthy articles in various equine publications were published about Sally and Centered Riding.

During 2008, Centered Riding began to divide its U.S. members into regional groups in order to help instructors network with one another and have an opportunity to share insights into the specific issues that pertain to each particular region. These organizational efforts will also be used to help European members similarly network.

The Board of Trustees wishes to thank all of you who have supported the organization through membership fees, donations and contributions of your time and assets. Each of your gifts is greatly appreciated. Centered Riding, a non-profit organization, is dependent upon the many hands of volunteers dedicated to supporting and promoting the organization.

There are many ways that you can continue to support Centered Riding, whether that be through your volunteer efforts, teaching others through clinics and instruction, or by means of your financial support. The Board of Trustees greatly appreciates the donations made each year to Centered Riding, Inc., the Sally Swift Scholarship Fund and the Centered Riding Education Fund. As a result of your generous donations, the Board of Trustees has been able to expand the Sally Swift Scholarship Fund to include three organizer scholarships, five individual scholarships and two scholarships to attend the Annual Educational Symposium.

Through your continued support, we look forward to continued strides of success and further growth in the organization as we all work to spread the work of Sally Swift.

*If you would like to make a financial contribution to further the work of Sally Swift, please see the Support Page at the end of this Directory.*



## Centered Riding Donors

With great appreciation, Sally Swift and the Board of Trustees wish to thank the following contributors for their incredibly valuable support.

### 2008 Educational Symposium

These individuals donated their time and expertise at the 2008 Educational Symposium. Their contributions were greatly appreciated.

#### Jamison Wallace (Chair)

Lucile Bump  
Debra Crampton  
Dorothy Crosby  
Judith Cross-Strehlke  
Melanie DeRice  
Ellen Engelkamp  
Laurie Inglis

Sue Leffler  
Francois LeMaire de Ruffieu  
Mimi Pantelides  
Heidi Potter  
Crystal Stover  
Carol O'Donnell Wilson

## Individual Donors

### Reserve Champion Donors

Anonymous Donor  
Charles & Deborah Checkum

Priscilla Endicott  
Elizabeth Hestness

### Blue Ribbon Donors

Lucile Bump

Sue Falkner-March

### Red Ribbon Donors

Gincy Self Bucklin  
Phoebe J. & Alain A. Chardon  
Sue Leffler  
Deb Moynihan

Lise Messier & Nan L. Nall  
Heidi Potter  
Ruth Reich  
Jamison Wallace



## Centered Riding Donors (Continued)

### Boots and Bridle Donors

Pia Basler  
Candace Brown  
Peggy Brown  
L. Jane Crossmon  
Linda Deftos  
Susan Harris  
Betsey Kelleher  
Susan Strong Kelley  
John J. and Anne Kulak

Diana Mollema  
Joan "Sam" Morrison  
S. B. Novak  
Linda Galt Powley  
Signa L. Read  
Sandra Synnstedt Ruch  
Pat Shelesky  
Robert Tortolani, M.D.  
Kathy Culler

### Friends of Centered Riding

Pamela Albright  
Christine Archer  
Mildred D. Baker  
Martin & Christiane Bauer  
Gwen Boyles  
Beverly Brown  
June Chadwick  
Patricia Cullen  
Darlene Damiani  
Linda Deftos  
Elena & Edward Dodd, III  
Patrice Draude  
Marilyn Evans  
Kathleen A. Fordham, R.N.  
Marita Hammernes  
Guri Hårstad By  
Suzy Heer  
Ryan & Kandis Horton  
Wendell & Madelyn Howard  
Sue Hughes

Tamara Jarrow  
Kathy Jawl  
Esther Johnston  
George & Laura Lewis  
Brigitte Mahler  
Valerie McCloskey  
Mimi Pantelides  
Cynthia Pulham  
Ellen Redden  
Petra Rieck  
Annemarie Roketenetz  
Wendy L. Scott  
Renate Sergi  
Roberta S. Shaw  
Elaine & Harvey Smith, Jr.  
Barbara Startari  
Mary Trafford  
Mary Wright  
M. Dawn Ruthven

Tax-Deductible donations can be made to:  
Centered Riding, Incorporated (a 501 (c) (3) Non-profit Corporation)  
The Centered Riding® Educational Fund or  
The Sally Swift Scholarship Fund



**You Are Invited!**

**Centered Riding's  
14<sup>th</sup> Annual  
International Symposium**

**“Centered Riding’s Partner – The Horse”**

**November 6-8, 2009  
Brattleboro, Vermont U.S.A.**

**Attending the Annual Symposium is a mutual  
opportunity to give and receive support  
and to enjoy fellowship with  
other Centered Riding members and enthusiasts.  
Share ideas – strengthen your skills**

**Plan Now to Attend!**

**Visit [www.centeredriding.org](http://www.centeredriding.org) – for more information**