

ABOUT

Centered Riding, Inc.

Centered Riding, Inc. is a not-for-profit educational organization established to certify instructors, and to teach, maintain and promote Centered Riding.

WE OFFER:

- *Information and Referrals to Centered Riding Instructors, Clinicians and Speakers*
- *Member Newsletter & eBulletin*
- *Special Membership & Recognition Program for Rider-Members*
- *International Educational Symposium (annual event open to anyone interested in Centered Riding)*
- *An International Directory of Centered Riding Instructors*



TO LEARN MORE VISIT

www.centeredriding.org

*Centered Riding, Inc. is a 501(C)3
not-for-profit corporation*

*Contributions to support the work of
Centered Riding are tax deductible*

CLINICS

Experience Centered Riding

OPEN CLINICS

for 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.

INSTRUCTOR COURSES

for Instructors who have completed an Open Centered Riding Clinic.

A seven-day course, in two-parts which teaches instructors to apply Centered Riding methods in their teaching and certifies them as Level I Centered Riding Instructors.

INSTRUCTOR UPDATES

for further study, continuing education, professional development and advancement for Centered Riding Instructors.

LEVELS

Level I Instructor - certified to apply Centered Riding techniques in their discipline.

Level II Instructor - has further education and development in Centered Riding.

Level III (Clinician) - Instructor/Clinician, certified to teach Open Centered Riding Clinics.

Level IV (Clinician) - Instructor/Clinician, certified to teach Open & Advanced CR Clinics, CR Instructor Courses & Instructor Updates.

FIND

Centered Riding Instructors

Centered Riding is a registered trademark owned by Centered Riding, Inc. Only currently certified Centered Riding Instructors may teach Centered Riding or give Centered Riding Clinics.

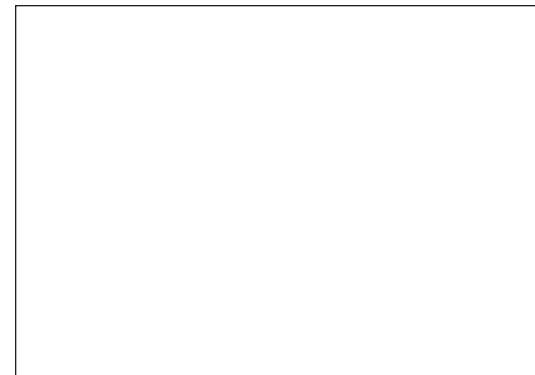
Instructors become certified to teach Centered Riding by completing a two-part, seven-day instructor course.

All currently certified Centered Riding Instructors and Clinicians are listed in the **Centered Riding Instructor Directory** and online at:

www.centeredriding.org

For information on a particular clinic, please contact the clinic organizer.

CONTACT A LOCAL CENTERED
RIDING INSTRUCTOR:



*Mind, Body
&
Horse*

Centered Riding, Inc.

P.O. Box 157

Perkiomenville, PA 18074

USA

Phone - 610-754-0633

Fax - 610-754-0634

www.centeredriding.org

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not-for-profit corporation

PHILOSOPHY



Centered Riding is an innovative way of expressing 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 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.

BASICS

soft eyes

Encourage visual and physical awareness, better peripheral vision and improved "feel."

breathing

Using the diaphragm and breathing correctly for better posture, relaxation and energy.

building blocks

Align the rider's body for improved balance, straightness and ease of movement.

centering



Using the center of balance, movement and control, located deep within the body, gives quiet strength, harmony and power, as in the martial arts.

These fundamentals, along with:

clear intent - for effective control, direction and use of aids and **grounding** - for stability and balance, promotes freedom of movement, confidence and harmony between horse and rider, and can help in solving many problems.

BENEFITS



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 into 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.



Become a Member of Centered Riding Today!

| | |
|------------------|--|
| Name | |
| Email | |
| Phone | |
| Street Address | |
| City, State, Zip | |
| Country | |

Please send me information on joining Centered Riding:

Rider Member
 Supporting Member

Business Member
 Becoming a Centered Riding Instructor



MAIL THIS FORM TO:
Centered Riding, Inc.
P.O. Box 157

Perkiomenville, PA 18074 USA

or, join online, find an instructor or sign up for the Centered Riding eBulletin
www.centeredriding.org