

Session 1 - Alexander & CR, Habitual Motion, 4 Basics, Checklist, Transitions

3 Steps ~ Prepare via the CR 4 Basics Checklist; **Ask** the horse to do something; **Allow** the horse to do it.

Alexander Concepts ~ habitual motions, end gains, Alexander process: observe, inhibit, choose directive

Learning Concepts in general ~ Objective vs. Subjective; right brain & left brain; PNS & SNS; one thing/many things

Centered Riding Concepts ~ Soft Eyes, Breath, Building Blocks, Center, Grounding

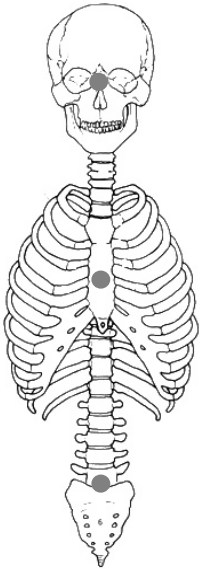
Checklist

1. Head

2. Heart

3. Hara

4. Pulse

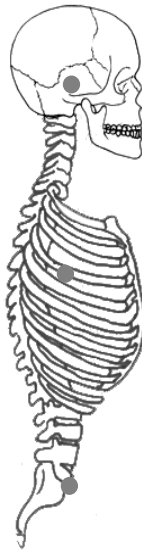


Effect

**Soft Eyes,
Breath**

Connection,
Drop Sacrum,
Release Back,

**Center,
Release hips,
legs
Building
Blocks,
Grounding,
Unite Body,
Clear Tensions**



Prepares you and the horse to do something

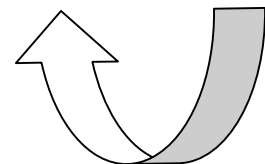
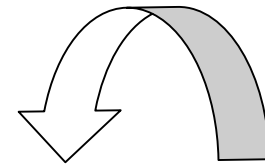
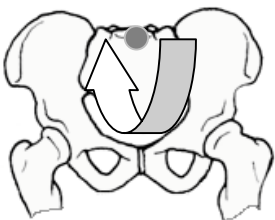
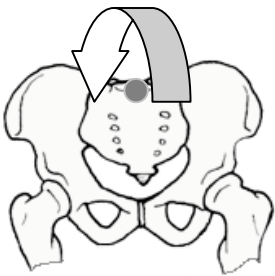
Quiets the mind, allows reception of information, allows clear sending of information, taps into Parasympathetic Nervous System

Connects to horse, prepares horse to receive signal, balances horse for possibility of movement, communicates to horse, sends signal to horse

Using the Checklist ~ Begin with sequence of short objective steps; allow the body to speed it up; allow the flow to occur naturally

Going / Where to Go ~ magnets; yellow arrow; train tracks; walls; shuffle board

Transitions Up & Down ~ via Tai Chi Ball; picking up beach ball; activating back muscles/front muscles; gear box; water wheel



Shoulder Girdle ~ Feldenkrais Shoulder Exercise, plucking, Tai Chi 'heart opening' & holding

Simple Turning ~ Serving Tea

Session 2 - Skeleton - Hips & Shoulders - Bend & Direction

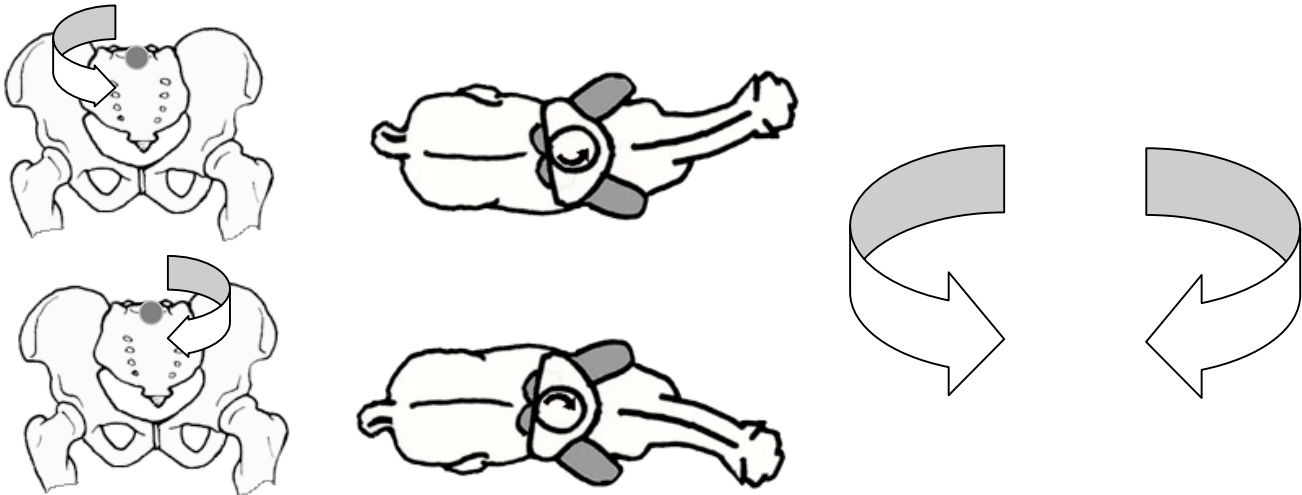
The Skeleton ~ allow the bones to do as much work as possible!

Straightness ~ Feldenkrais exercises of lazy Susan's & around the clock

Finding the Hips and Shoulders ~ CR shakeout

Following/Oscillating Hands

Position Left, Right, & Neutral ~ via the Tai Chi Ball ; Barber Shop Pole; Banner spiral; pinky toe



Results

In position: the spine is straight; the inside hip socket ocellates further forward and up; the outside further back and down; weight appears to be on the outside, freeing the horses inside hind leg;

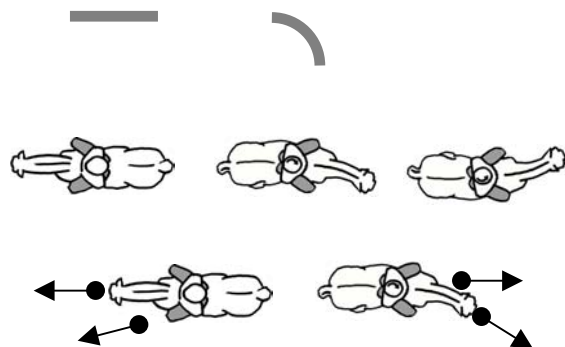
In neutral: the spine is straight; the hip sockets ocellate evenly forward and high; weight is evenly distributed

Flight Plan

Consists of:

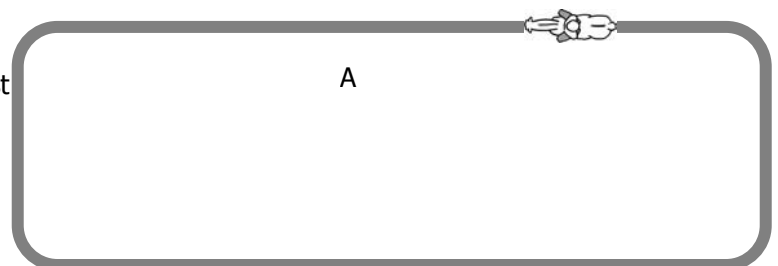
- Checkpoints - places where you do the Checklist
- Series of Movements
 - Path: line, arc
 - Bend: none, left, right
 - Direction: straight ahead, sideways

Illustrates to you and the horse what to do



How to use it:

- Imagine diagram in your mind, location B
 - Add in Checkpoints – Reminders to do the Checklist
 - Place Magnets/Yellow Arrow
- Imagine diagram in your mind to location A
'Watch' you and your horse as you go along on this diagram, including gait, speed, etc.
- visualize this in 20' segments or so



Session 3 - CR Concepts, Trot, Stride Modification

CR Concepts:

- ❖ Bubble
- ❖ Unbendable Arm
- ❖ Bridge

The Foot:

- ❖ Windshield wipers/pixie dust

Feldenkrais:

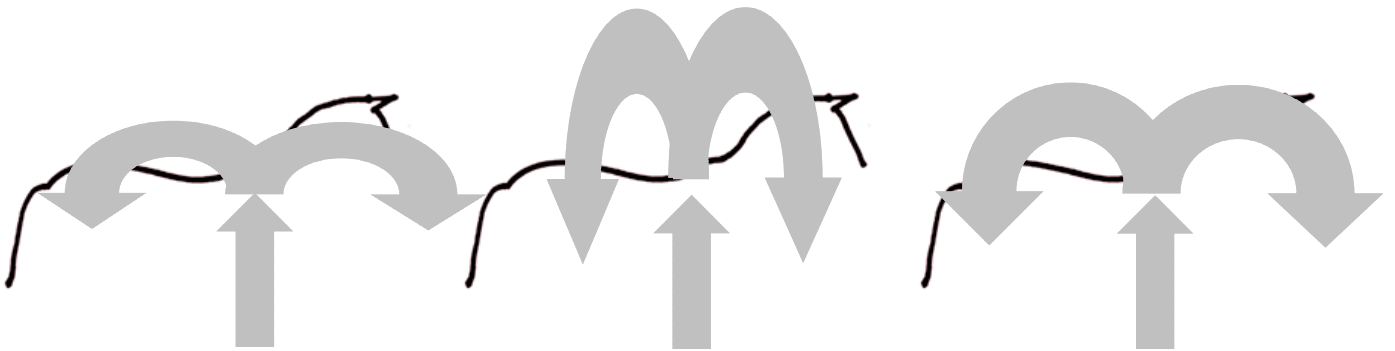
- ❖ Circles in the knees and heels

Trotting:

- ❖ Light Seat
- ❖ 3 seats

Stride Modification

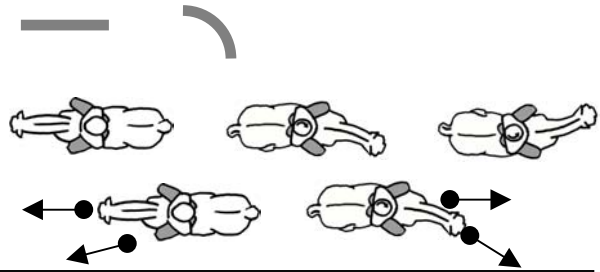
- ❖ Fruit Bowl
- ❖ Water Fountain



Session 4 - Movements on 1 and 2 Tracks: Placing the Magnet / Jumping

Movements Consist of:

- Path: line, arc
- Bend: none, left, right
- Direction: straight ahead, sideways



□ (2 **orientations** == 2 types of **tracks**) X 2 **positions** X 5 **angles**.

1. **Orientation** == **Straight ahead** – 1 track

– no angle

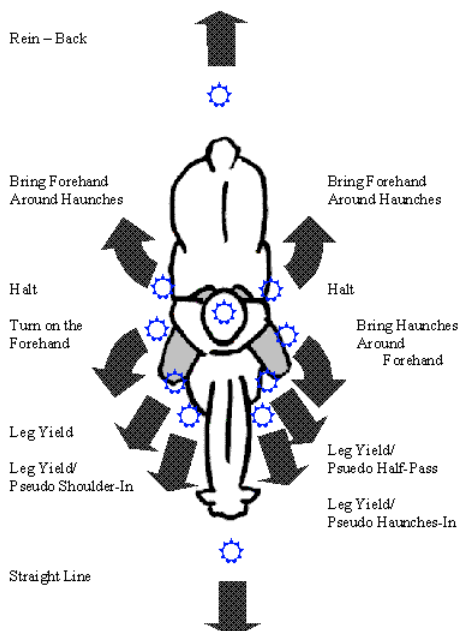
Without Bend	With Bend	Path; Angle
straight line (p48), halt, rein-back	suppling exercises	line; n/a
straightening exercise	arc (p50)	arc; n/a

2. **Orientation** == **Sideways**

– 2 tracks

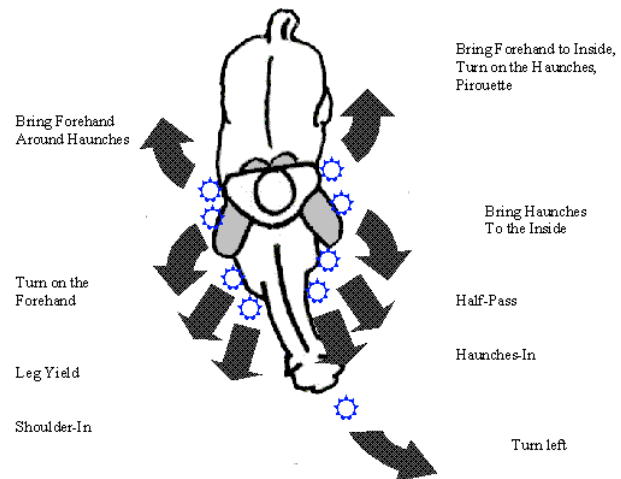
– 1-180° on each side

Without Bend	With Bend	Path; Angle
side step, leg yield (p52)	lateral movements (p52)	Lateral march
pseudo – Shoulder-In, etc.*		Shoulder-Fore, Shoulder-In, & shoulder-out
pseudo – Travers, etc.*		Travers, or haunches-in, & Renvers, or haunches-out
pseudo – Half Pass*		Half Pass
		line from inside hip to outside shoulder; wide
		line from inside hip to outside shoulder; shallow
		line from outside hip to inside shoulder; shallow
		line from outside hip to inside shoulder;



➔ Direction of motion
⚙ Magnet

Riding, by Lynn S. Larson



Feedback Form 11/2004

1. Was there any new information? Did anything particularly exemplify this?

2. Was the information easy to understand? Did anything particularly exemplify this?

3. Was the information easy to apply? Did anything particularly exemplify this?

4. Was the information effective? Did anything particularly exemplify this?

5. Was the information useful? Did anything particularly exemplify this?

6. Is this information compatible with how you ride already?

7. Will this be of benefit to you in your riding in the future?

8. Anything I can quote you on?