

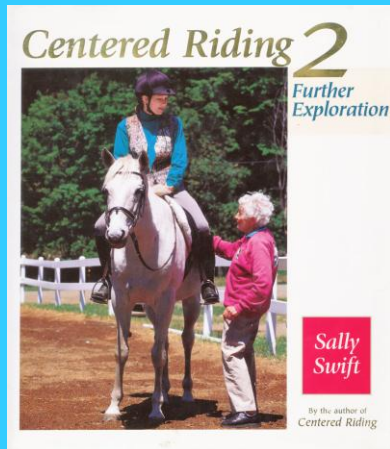
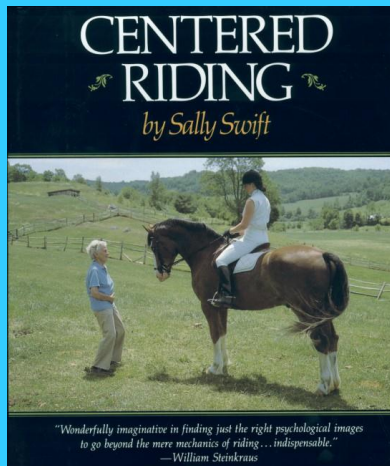
# What is Centered Riding?

**Susan E. Harris**

**Level IV (Advanced) Centered Riding Clinician**



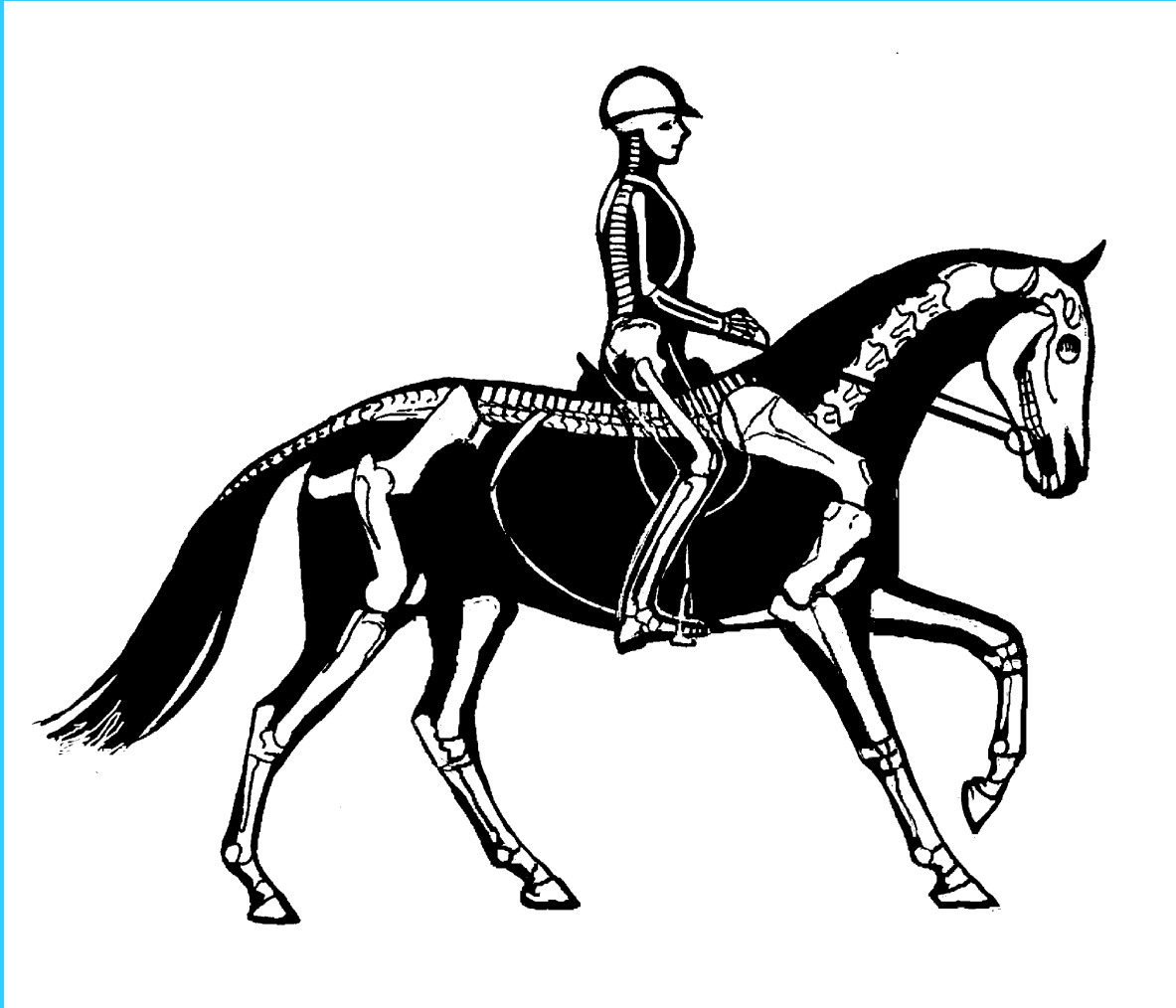
**Art work by Susan Harris**



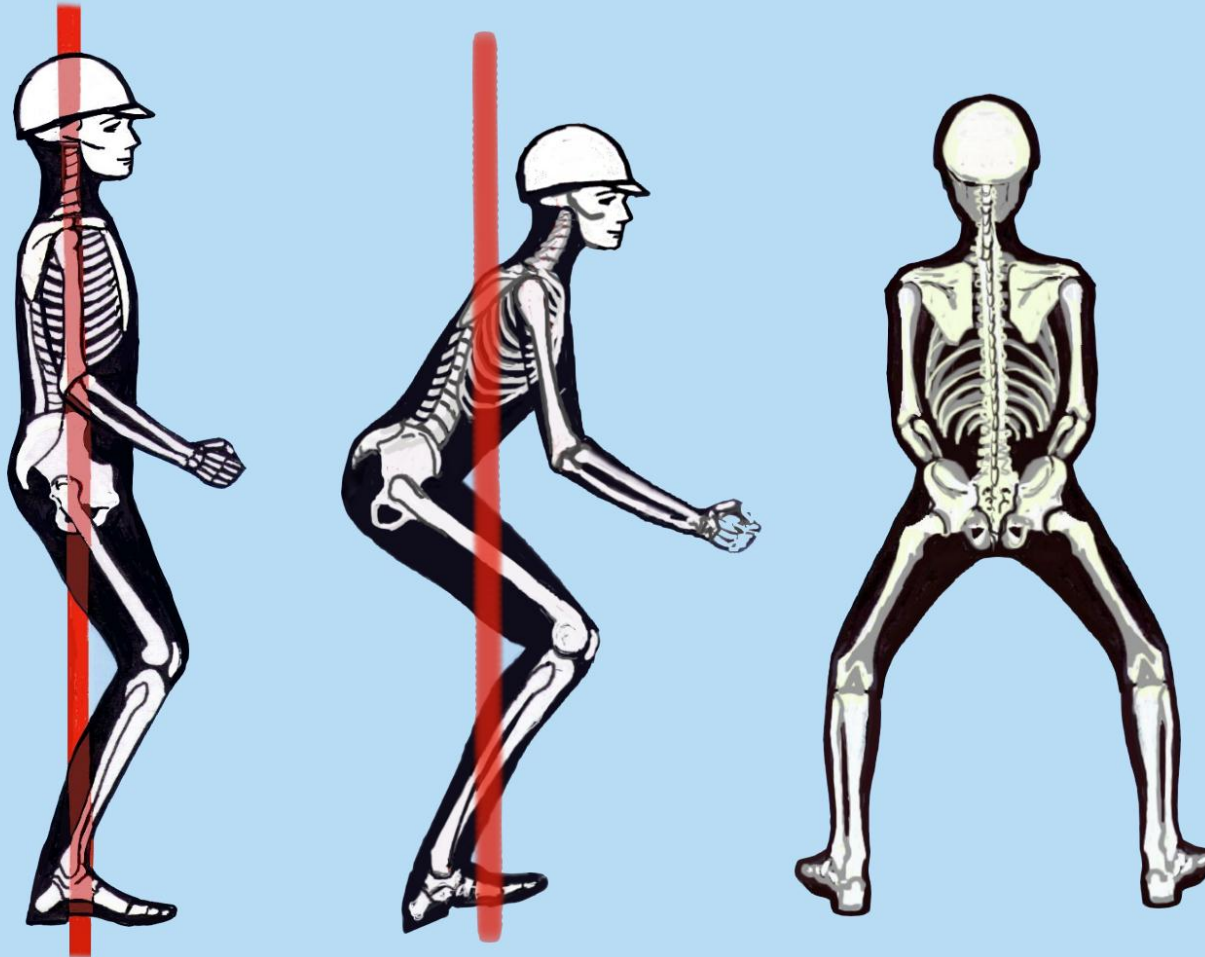
**Sally Swift**  
1903-2009

**Founder of  
Centered  
Riding**

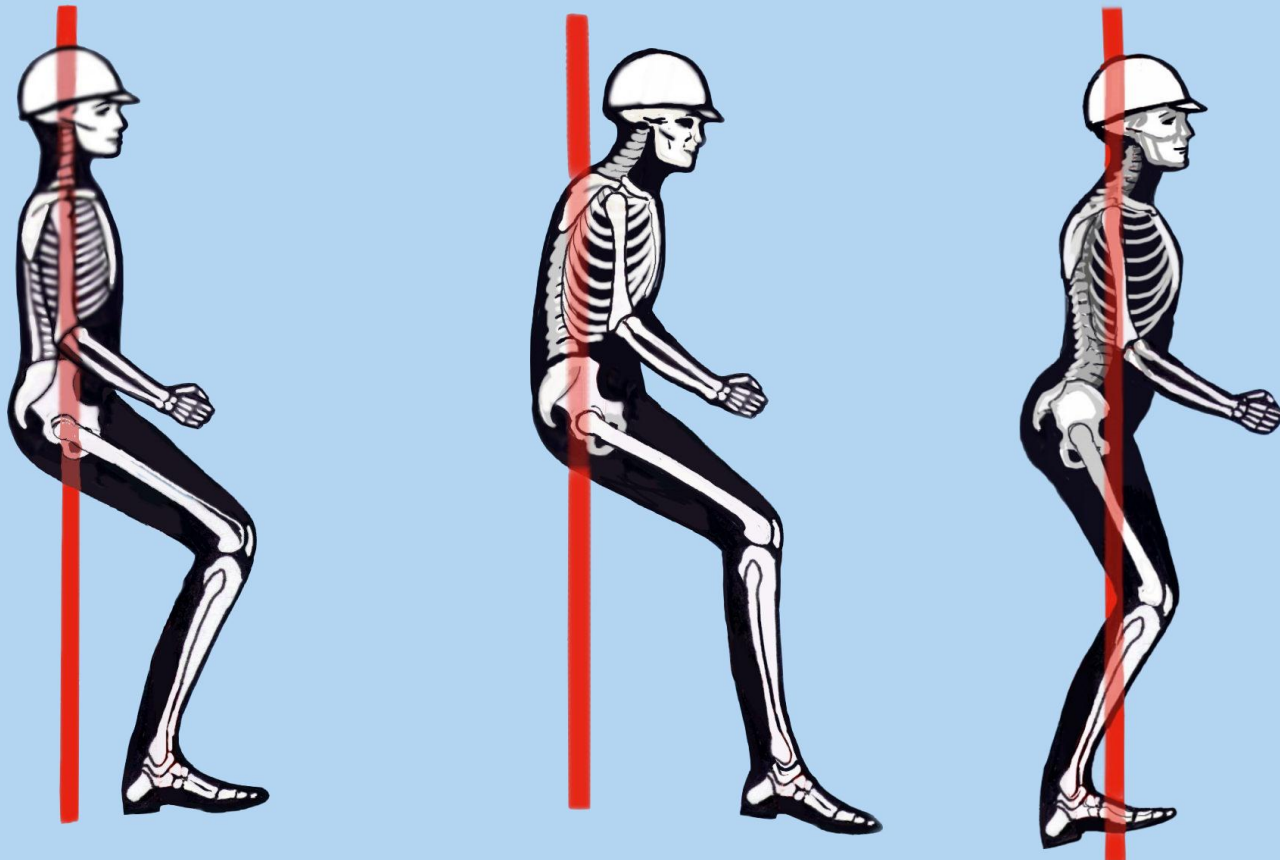
# Ride your bones!



## Vertical seat, jumping seat, back view

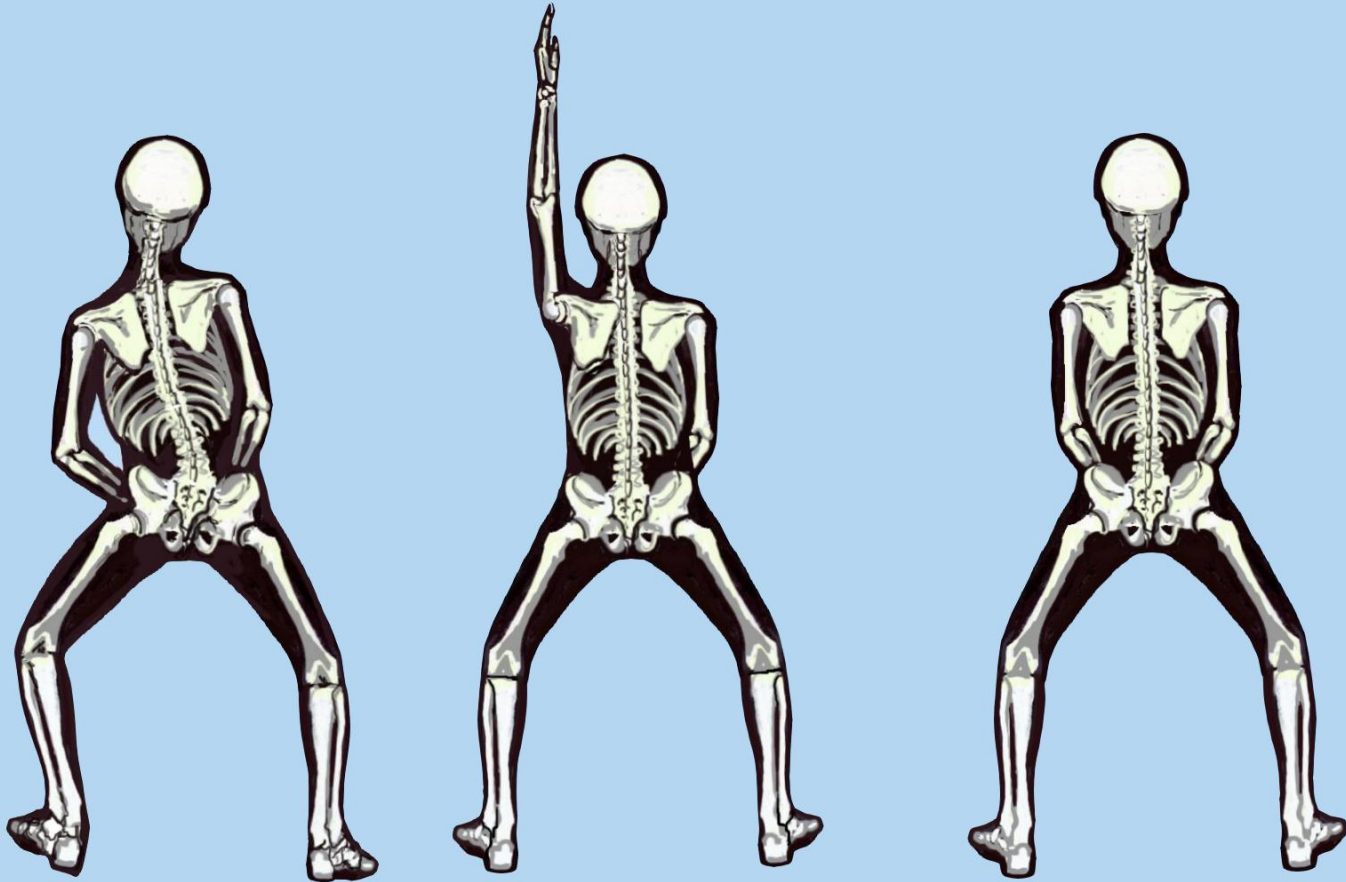


## Rider problems: chair seat, round back, hollow back

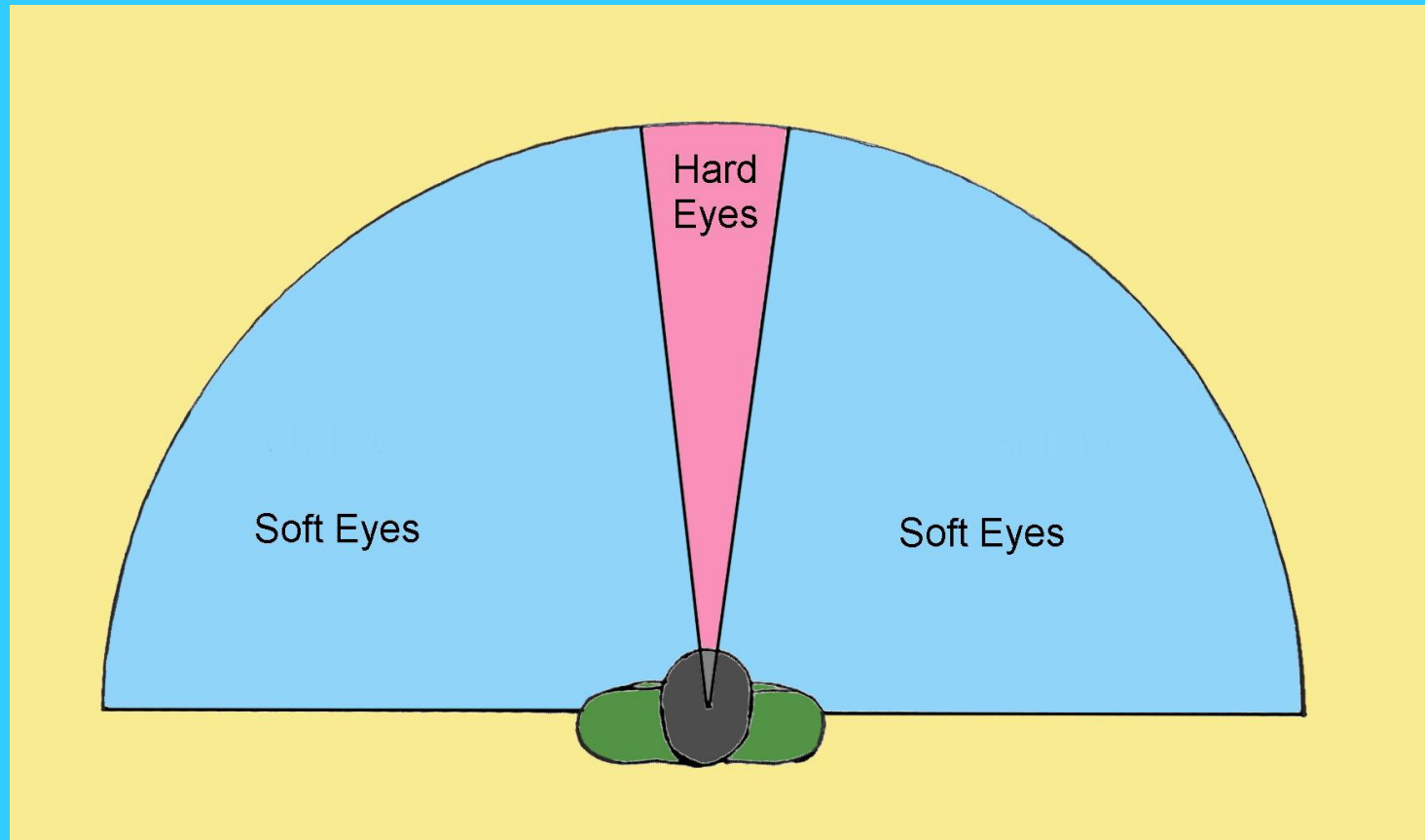




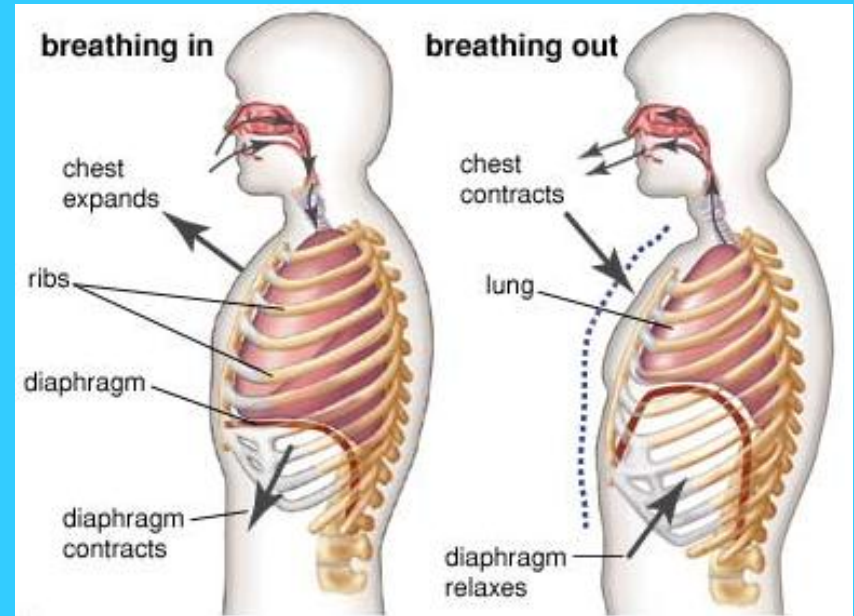
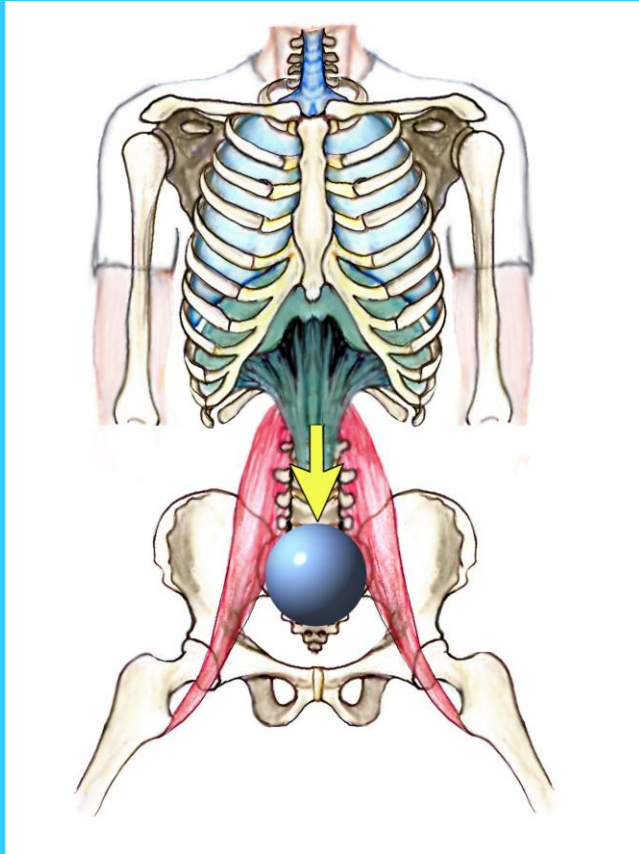
## Rider straightness and crookedness



# Soft eyes

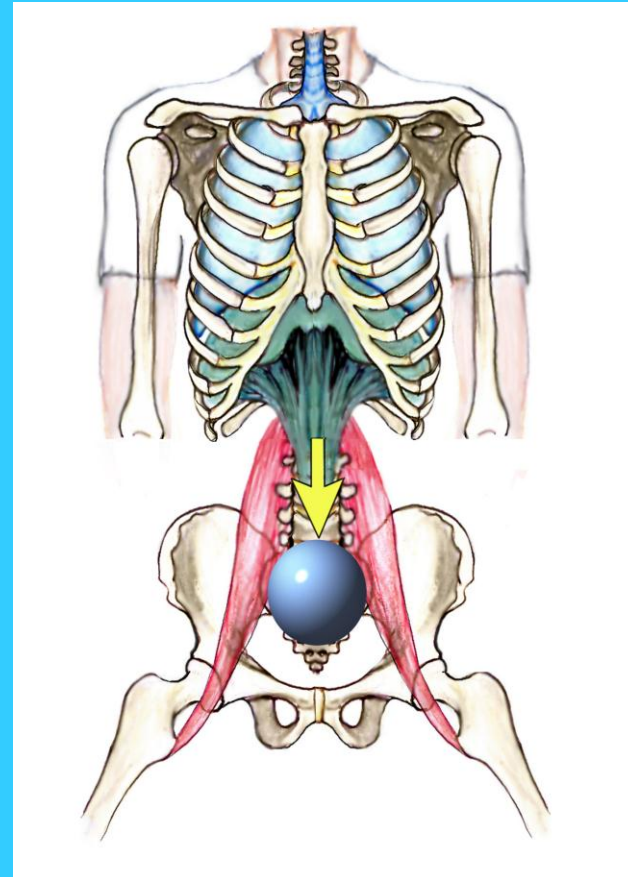
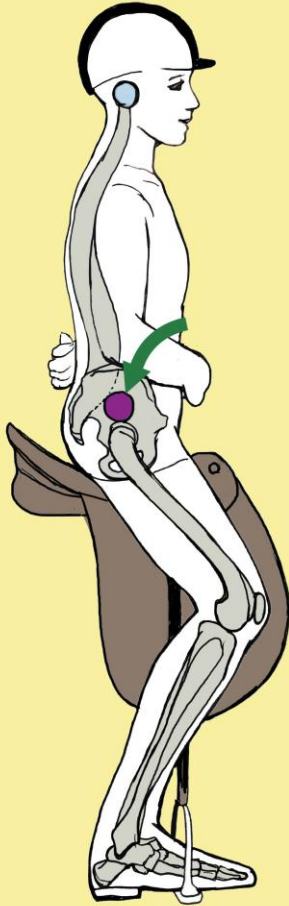


# Breathing

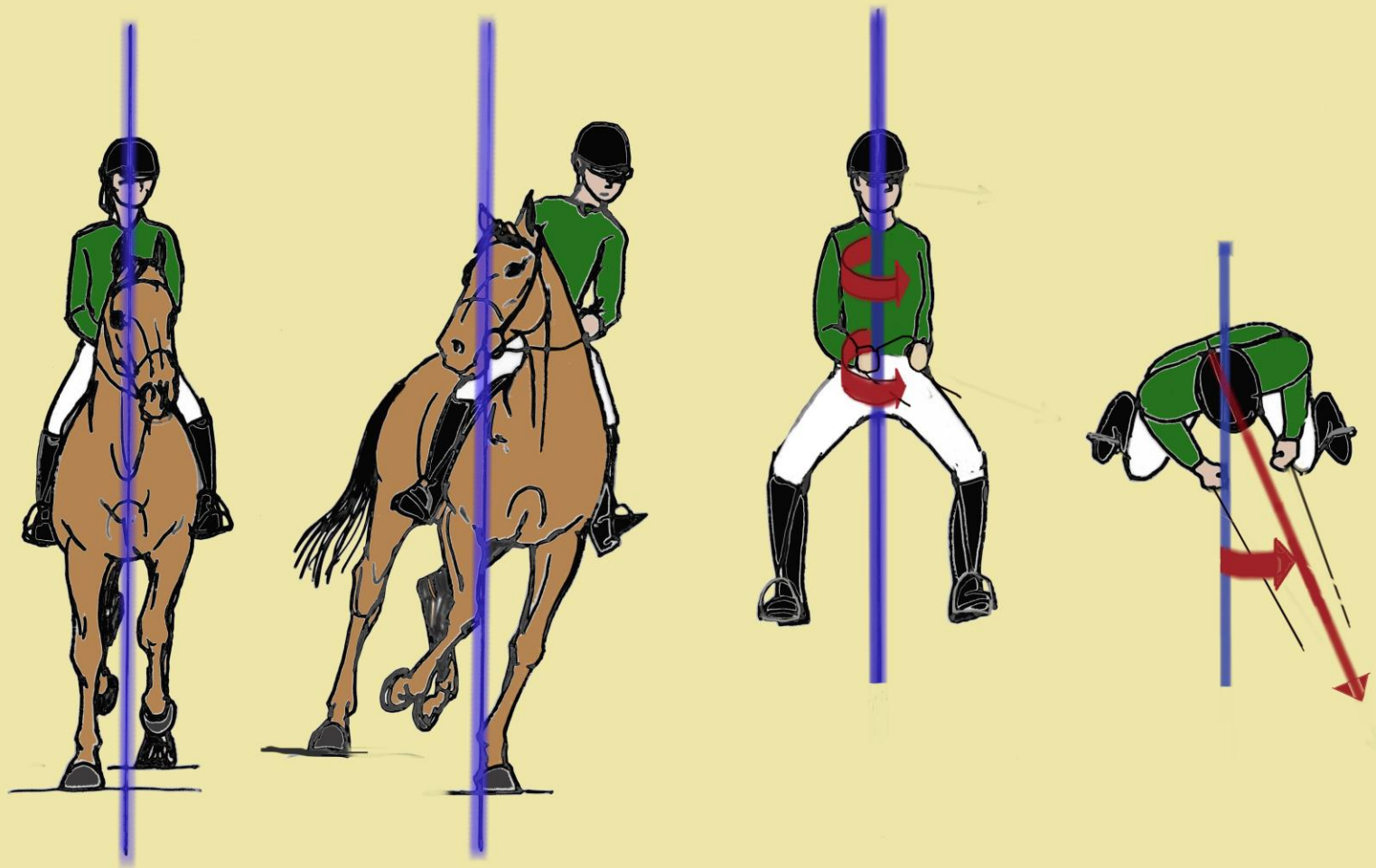




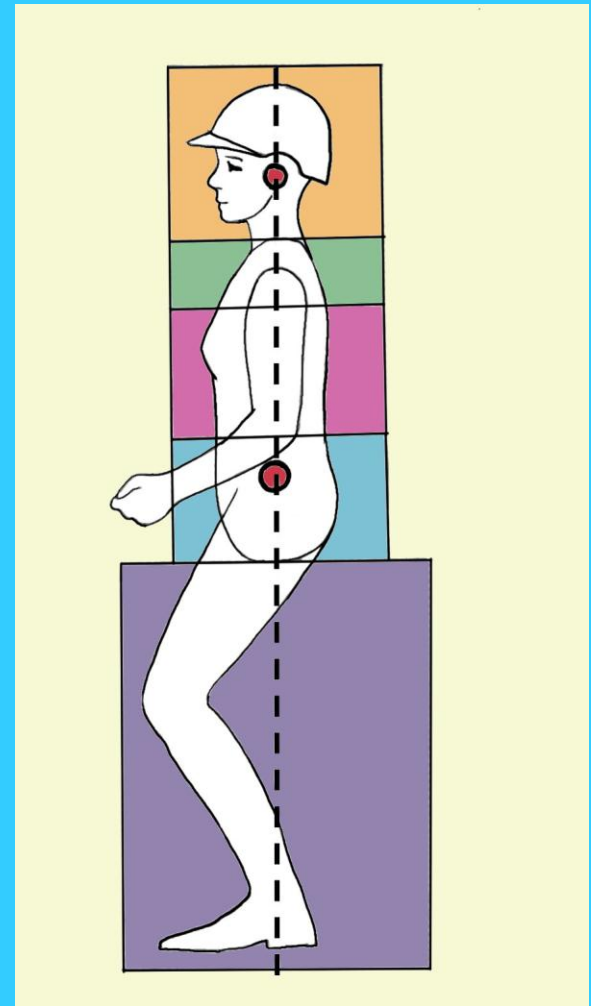
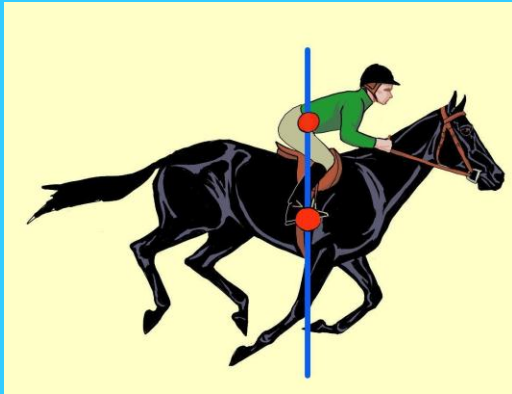
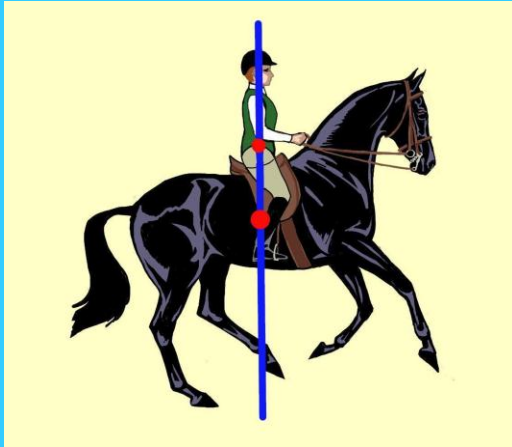
# Finding the Center



# Turning From the Center

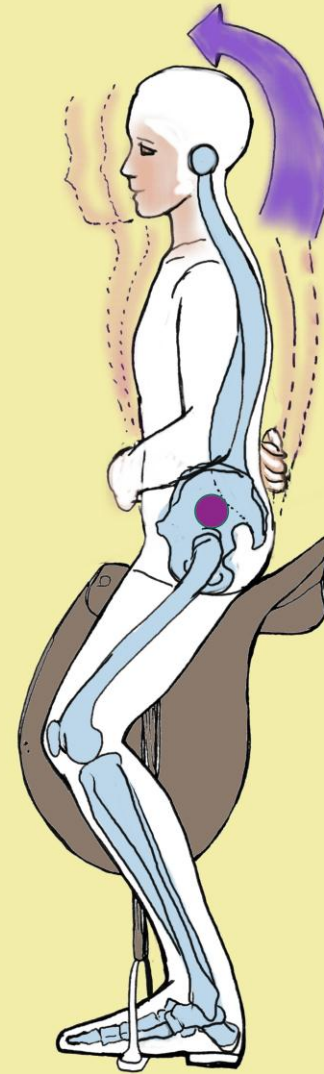


# Balance



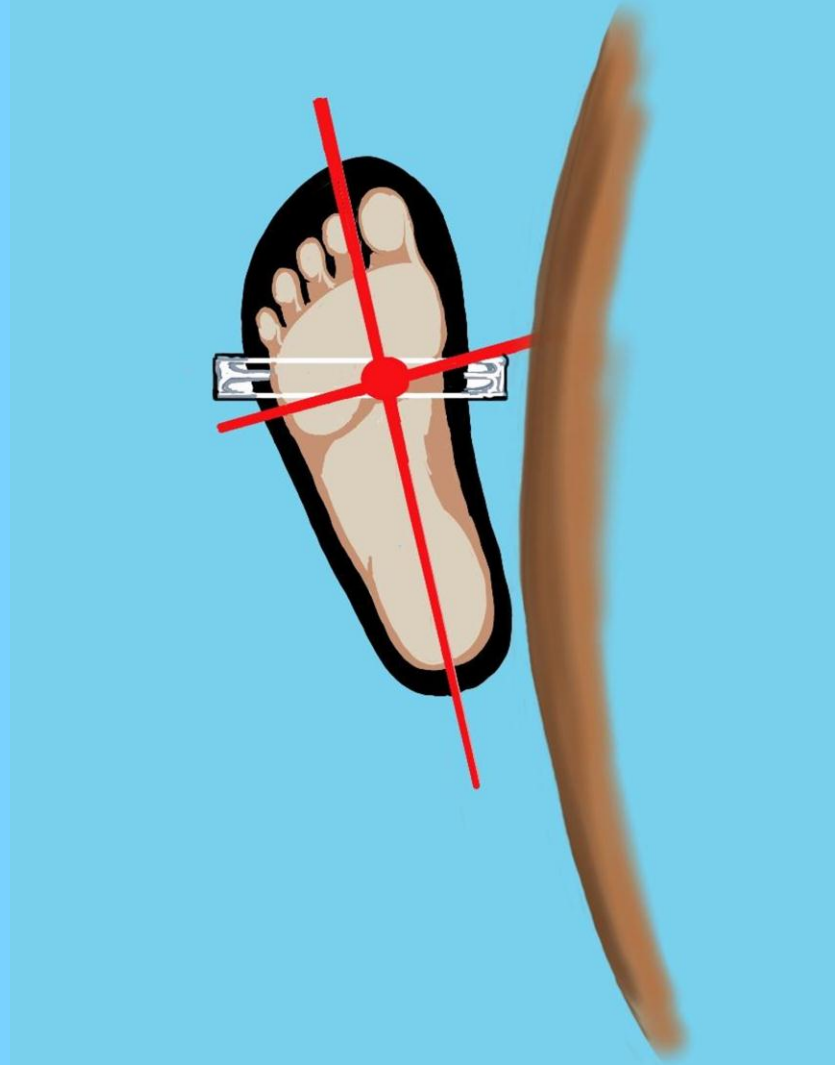
# Finding balance in the saddle

- 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

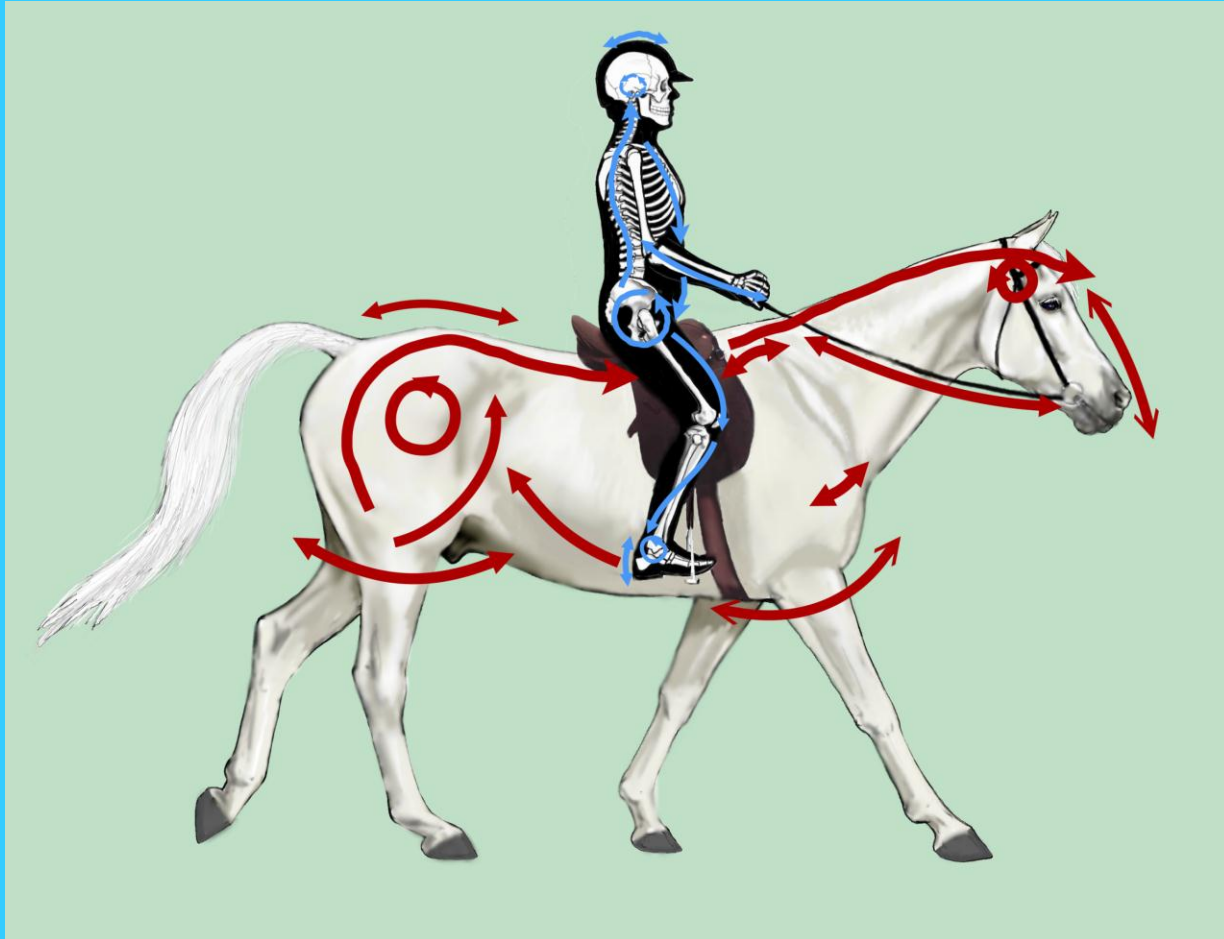


# Grounding

Balance point  
of foot



Following seat—the rider follows the horse's movement with free joints

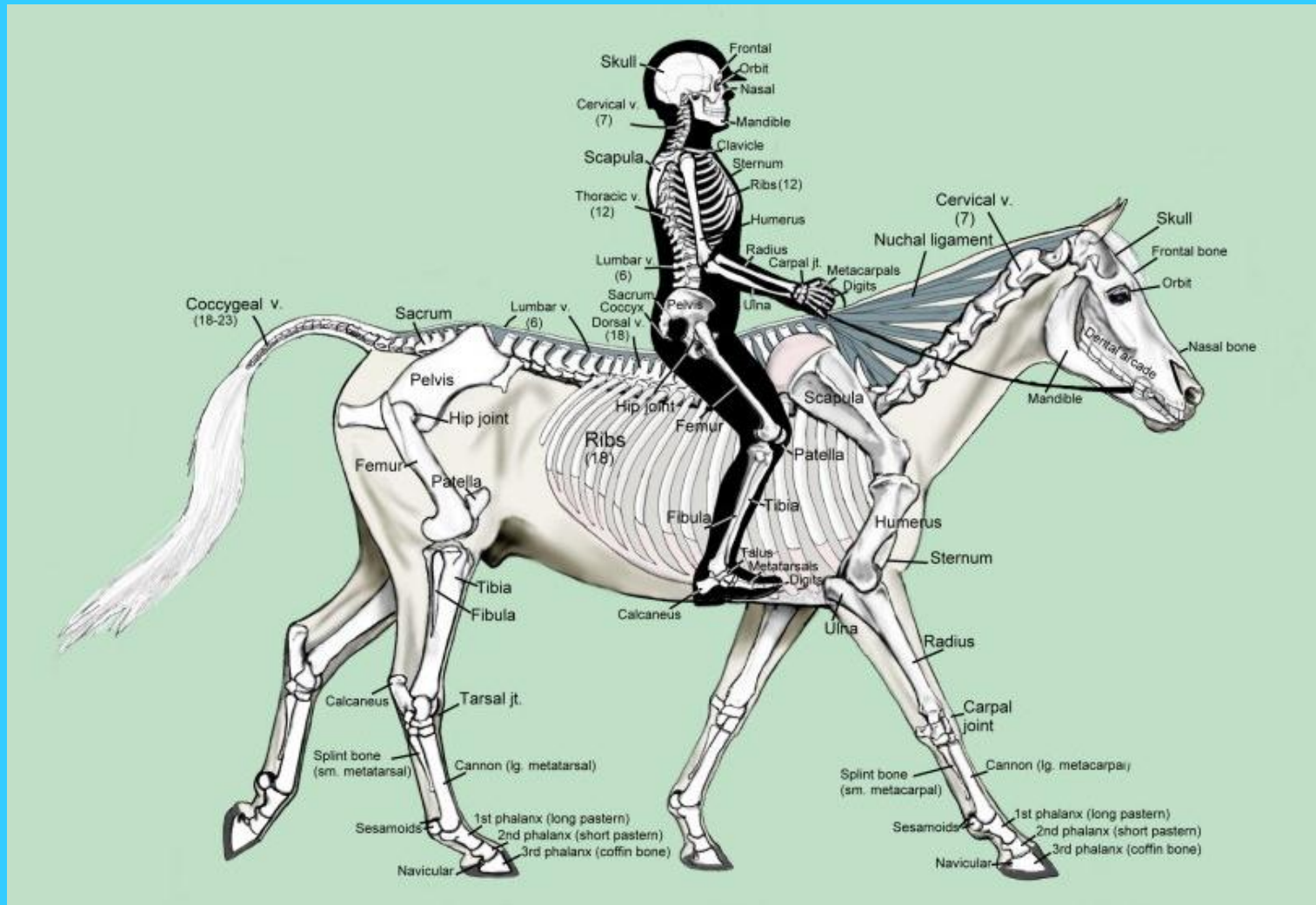




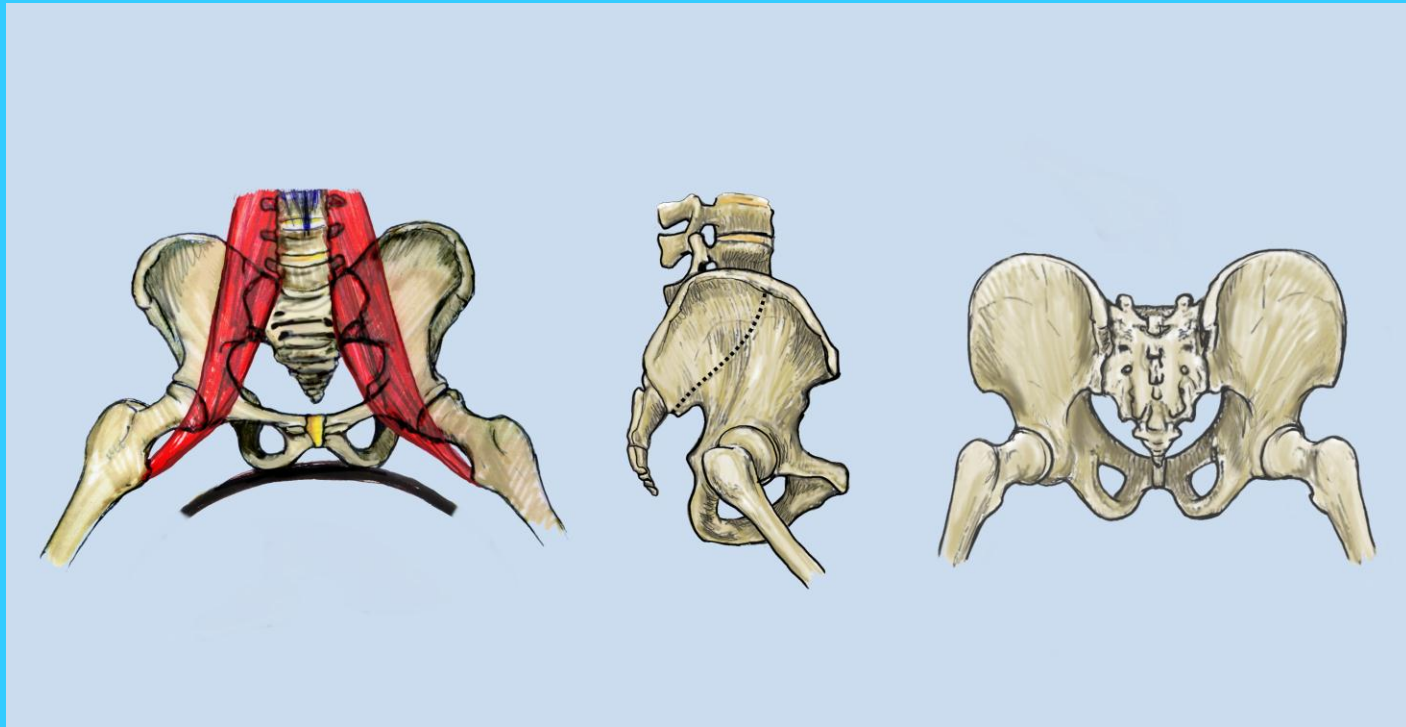
## Visible Rider on the trampoline



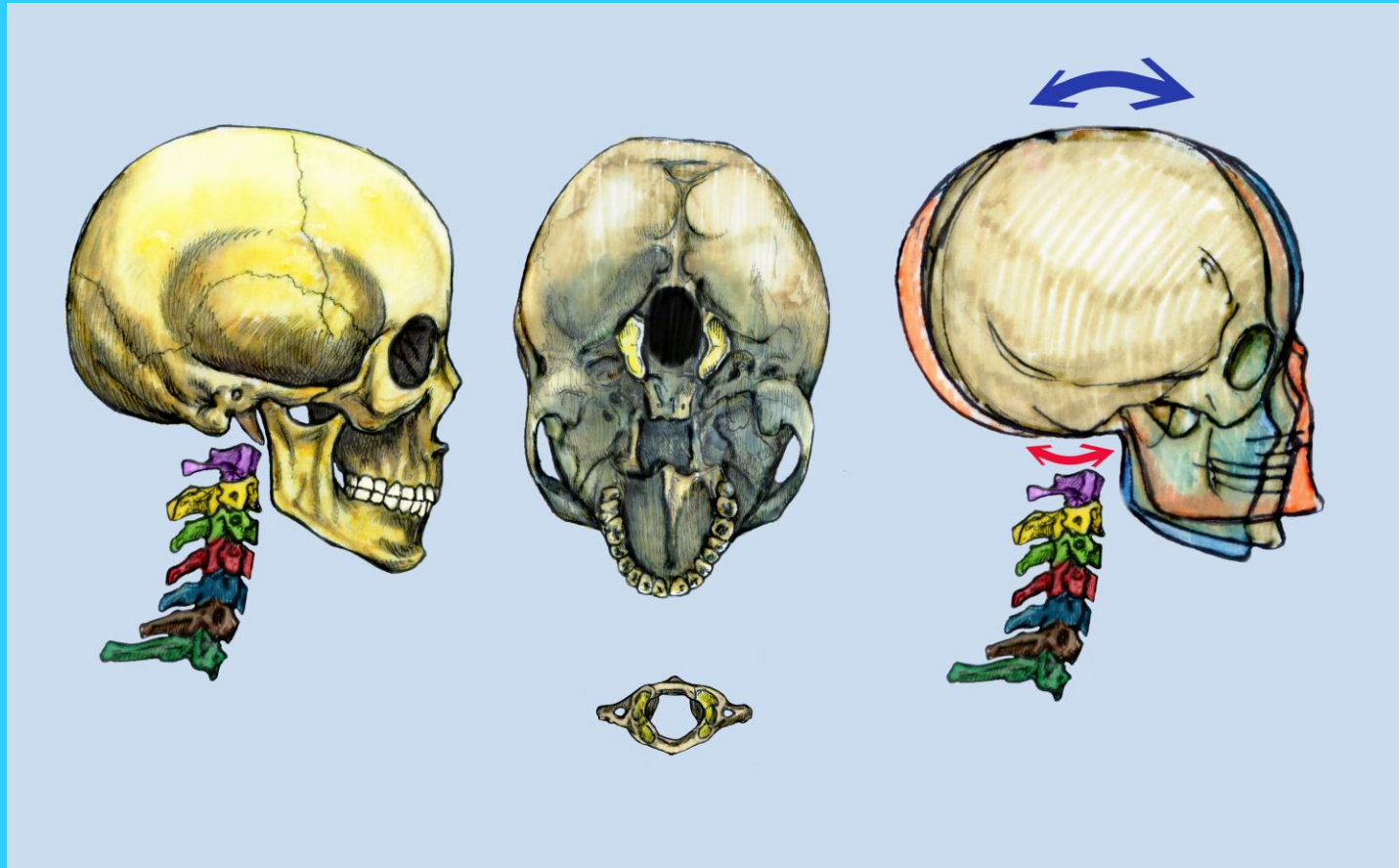
# Horse & Human Skeletons



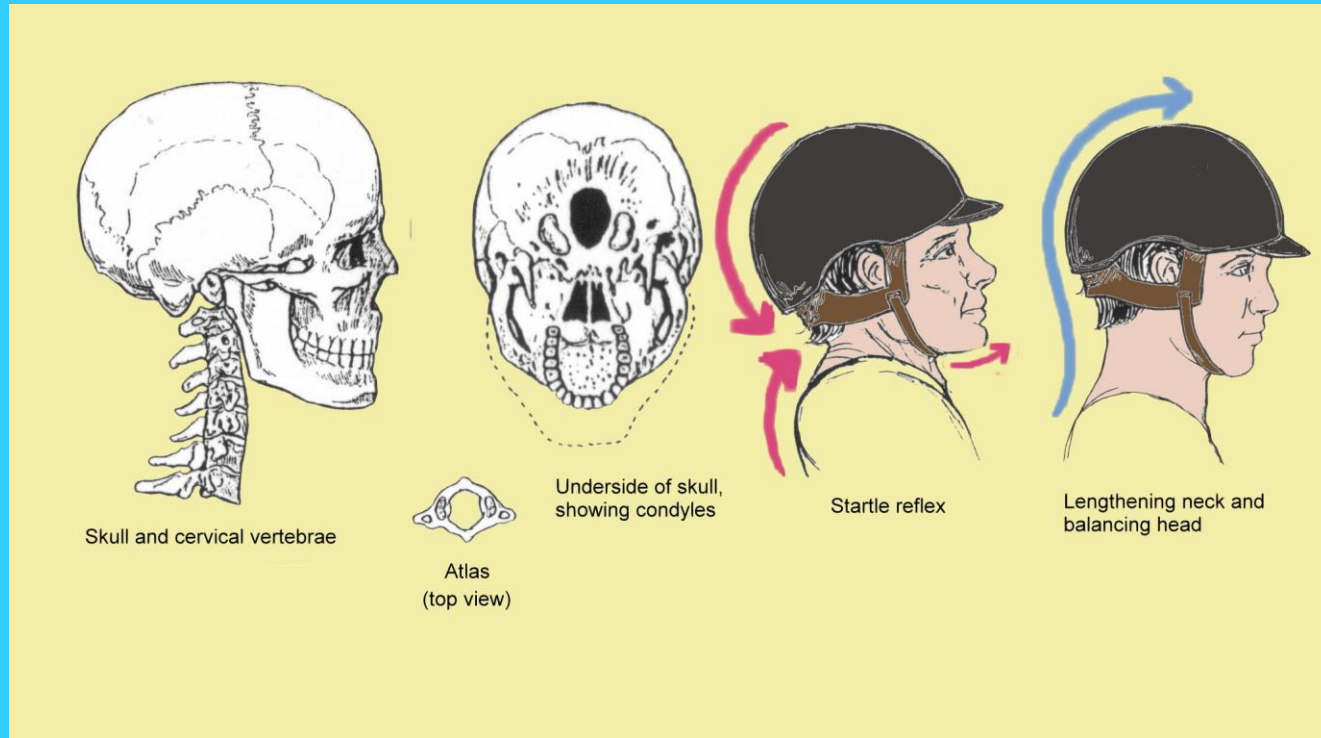
# The Pelvis and Hip Joints



# The Skull and the Atlas



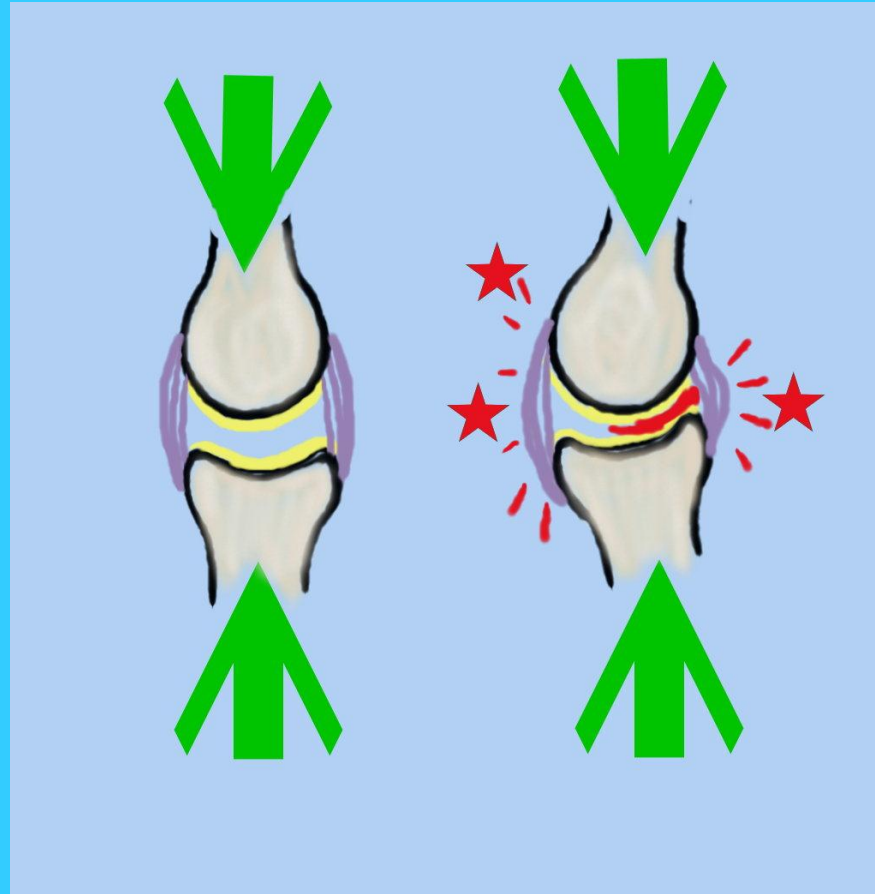
# Startle Reflex & Release





**Balanced joint :  
stress evenly  
distributed**

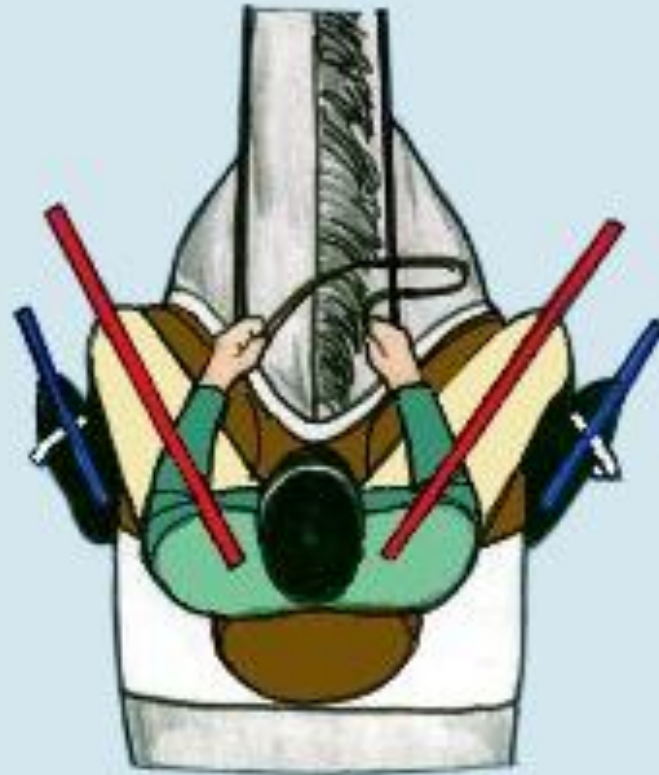
**Unbalanced joint  
results in torque  
and unequal stress**



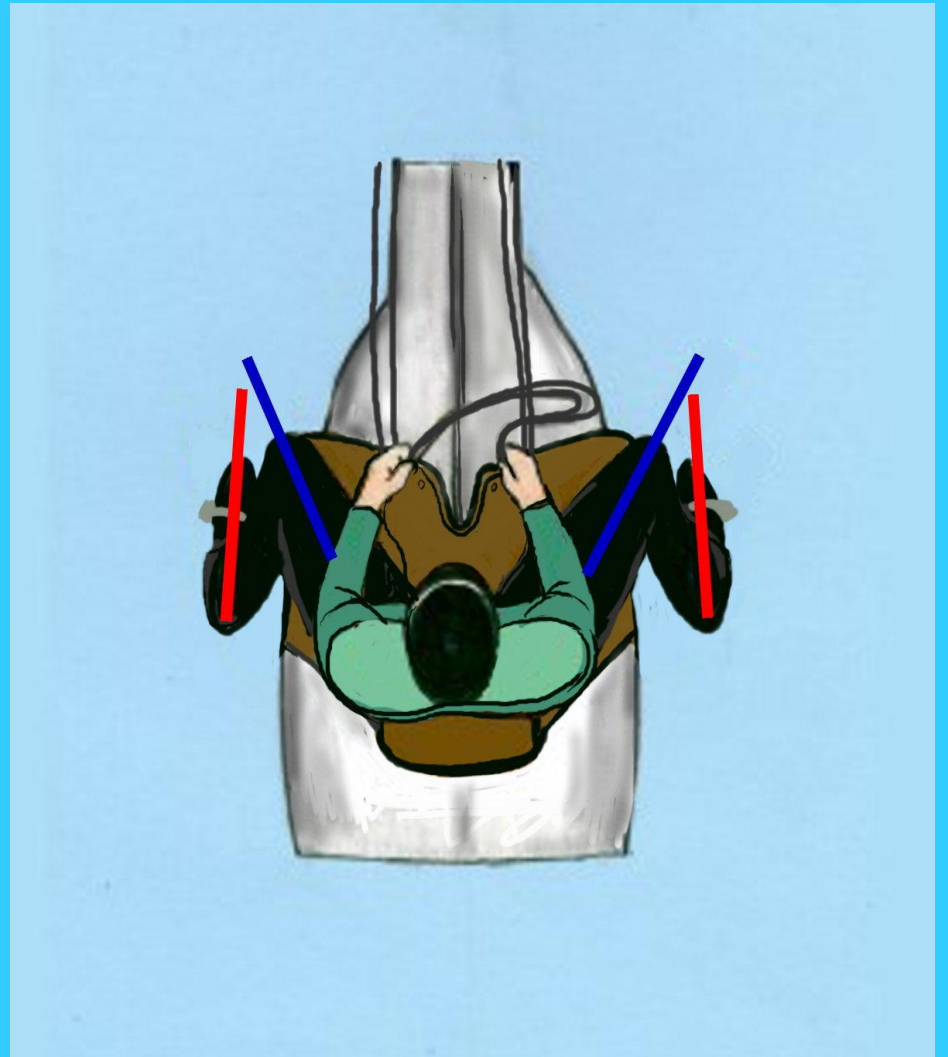


**Angle of foot  
parallel to  
angle of thigh**

**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







**Reining**

## **Western Centered Riding**

**Visible Rider in western jog**





**Pole bending: speed event**

## Centered Riding and Therapeutic Riding





## Centered Riding for Trail, Distance and Endurance Riding





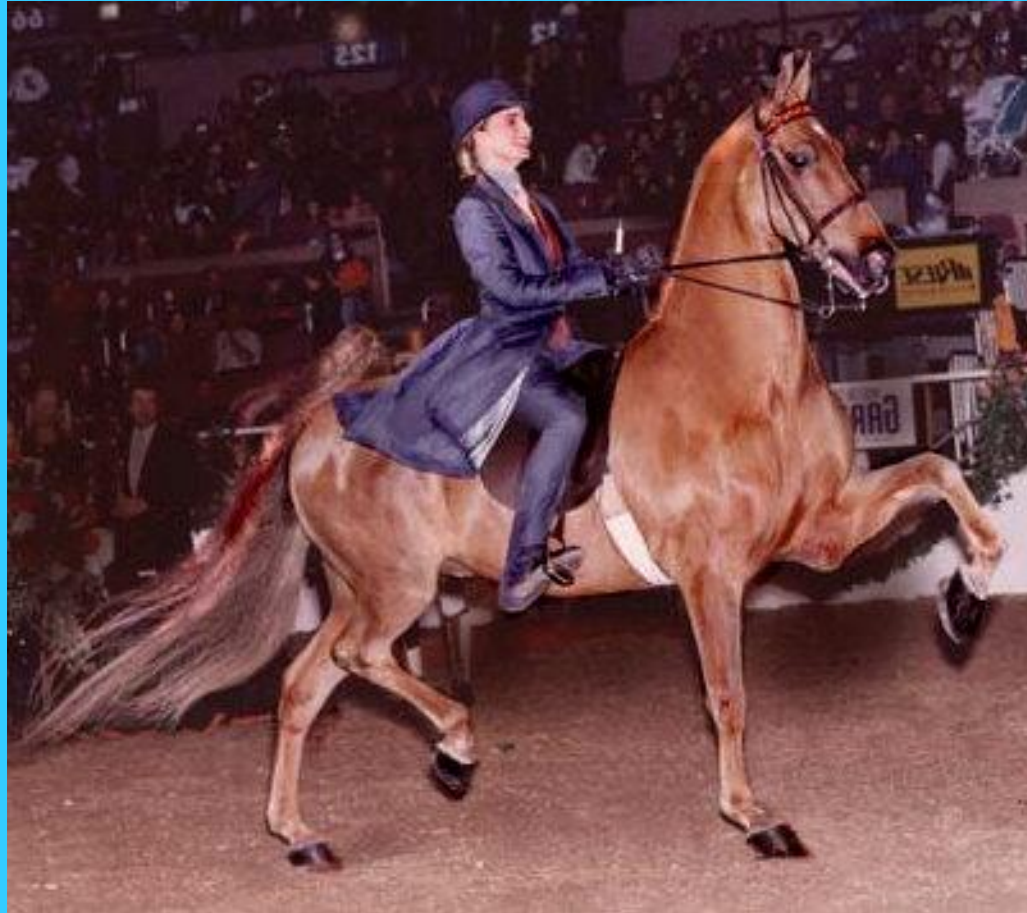
## Centered Driving



## The Visible Rider on an Icelandic Horse in tolt



# Saddle Seat Equitation



# ***Centered Riding Inc.***

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***(610) 754-0633***

***[www.centeredriding.org](http://www.centeredriding.org)***



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