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5 POSES *y o u* TRAINER WANTS *y o u* TO DO BEFORE *y o u* RIDE

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Breathing Exercise

Benefit to your ride:

- Improves your focus
- Increases coordination
- Promotes relaxation



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Standing Backbend: Shoulder Opener

Benefit to your ride:

- Allows you to sit tall and hold your shoulder
- Encourages you to ride inside leg to outside rein
- Relaxes your upper body

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Hand To Big Toe Pose: Lower Leg Lengthening

Benefit to your ride:

- Prepares you for heels down riding position
- Lengthens your lower leg
- Stretches your lower back in preparation for sitting trot



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Bird Dog: Core Strengthening

Benefit to your ride:

- Strengthens core and lengthens spine
- Increases rider coordination
- Improves your half halt

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Dancer's Pose: Hip Opener

Benefit to your ride:

- Helps you to maintain the integrity of your riding position
- Promotes relaxation in your hips
- Enhances your ability to use your seat aid more effectively

For more in-depth instruction on these postures,
visit our YouTube Channel

TAKE ME THERE

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