

**GETTING READY TO RIDE**

**USING YOGA TO PREPARE BEFORE & AFTER MOUNTING TO ENSURE A SUCCESSFUL RIDE**

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**OPENING MEDITATION**

- ❖ Softly close the eyes
- ❖ Begin by clearing the mind
- ❖ Place open palms on lap
- ❖ Feel sit bones
- ❖ Inhale-Exhale
- ❖ Continue.

**WHAT IS YOGA?**

Mind

Body

Spirit

**HOW DOES THIS APPLY TO EQUINE THERAPY**

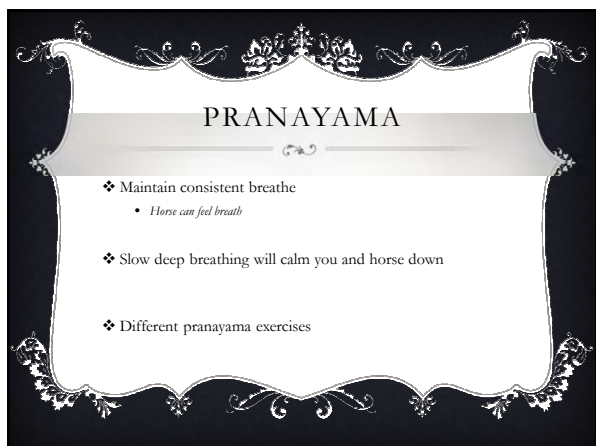
- ❖ Yoga therapy
- ❖ Bringing presence and awareness to the saddle

**WARM UP SET**

- ❖ Counter-poses
  - Hip openers
  - Heart openers
  - Spinal flexes
  - Twists
  - Modified child pose
  - Savasana- ground down

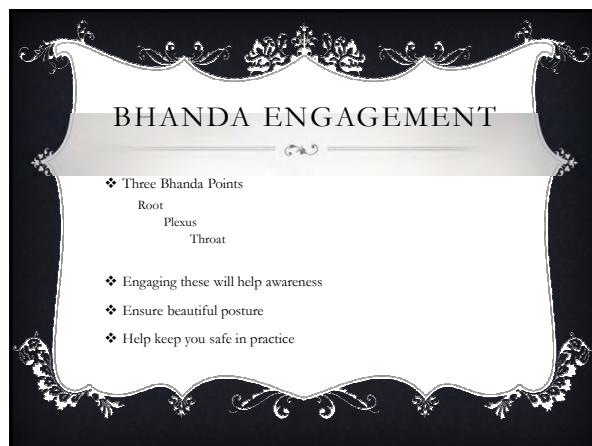
**AFTER MOUNTING**

- ❖ Spinal twists
- ❖ Spinal flexes
- ❖ Modified child's pose
- ❖ Apply pranayama



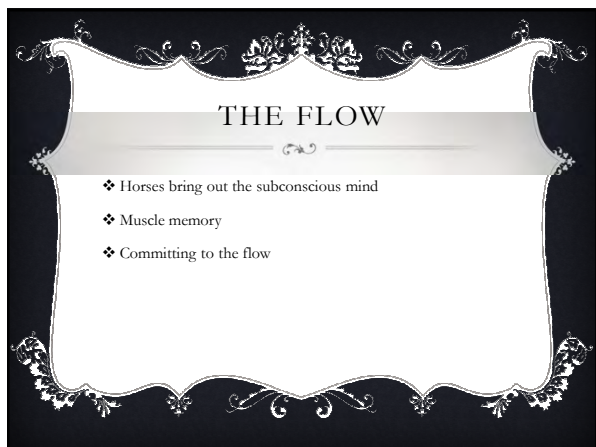
## PRANAYAMA

- ❖ Maintain consistent breathe
  - *Horse can feel breath*
- ❖ Slow deep breathing will calm you and horse down
- ❖ Different pranayama exercises



## BHANDA ENGAGEMENT

- ❖ Three Bhandas Points
  - Root
  - Plexus
  - Throat
- ❖ Engaging these will help awareness
- ❖ Ensure beautiful posture
- ❖ Help keep you safe in practice



## THE FLOW

- ❖ Horses bring out the subconscious mind
- ❖ Muscle memory
- ❖ Committing to the flow