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
  - Surya namaskar- ground down

AFTER MOUNTING
- Spinal twist
- Spinal flexes
- Modified child pose
- Apply pranayama
PRANAYAMA

- Maintain consistent breathe
  - Have a full breath
- Slow deep breathing will calm you and horse down
- Different pranayama exercises

BHANDA ENGAGEMENT

- Three Bhanda 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