



Focused Riding

Maritza Beasley



Focused Riding:

Centered Riding 2 Sally Swift, 2014-04-21 Centered Riding is not a style of riding as are dressage hunter seat or Western Rather it is a way of reeducating a rider's mind and body to achieve greater balance in order to better communicate with the horse Founder Sally Swift revolutionized riding by showing that good use of the human body makes a world of difference on horseback Early in her work she established what she calls the Four Basics centering breathing soft eyes and building blocks which together with grounding are the main tenets of her method When a rider learns and maintains these basics then harmony between horse and human is possible Sally Swift's first book Centered Riding made its revolutionary appearance in 1985 and continues as one of the best selling horse books of all time This second book doesn't replace the first one it complements it In the intervening years Centered Riding continued to evolve and Sally inevitably developed many new concepts and fresh imagery all of which are presented here

Centered Riding Sally Swift, 1985-01-15 Widely known for her innovative teaching philosophy stressing body awareness the value of soft eyes proper breathing centering and balance Sally Swift has been a pioneering riding instructor for half a century In book form for the first time her methods enable horse and rider to achieve harmony working together naturally without pain Unlike traditional teachers Sally Swift does not believe in forced training techniques that cause stiff bodies and tense riding Instead through the use of vivid unusual and highly creative images that transcend mechanics Pretend you're a spruce tree the roots grow down from your center as the trunk grows up plus a thorough knowledge of human and equine anatomy this wise and inspiring teacher enables the conscientious equestrian to reassess habitual responses in order to ride in natural positions break through frustrating plateaus and achieve ever rising goals with comfort vitality and precision Precise illustrations and photographs never before used in riding books explain anatomy and image work to give mind and body new and relaxed approaches to the inner process of riding Centered Riding is for those with little experience all the way up to world class

A River Worth Riding Lynn Marie Sager, 2005-06 Riding the river If you want to survive the rapids of life you'll need to stop trying to change the river and learn to change yourself Learn to examine the real cause of your frustrations Learn to redefine yourself Learn to reflect focus and strategize before taking action Learn to allocate your resources and understand the power of process Take control of your life Stop contributing energy to everything you hate and start contributing energy to what you love Learn to attract nurture understand and influence the people around you Learn to read the river's currents and to let life flow

Riding Invisible Sandra Alonzo, 2011-02-14 Fifteen year old Yancy runs away from home on the night his brother viciously attacks his horse Shy With just a backpack a flashlight his horse and a journal Yancy takes to the California desert on a journey of self discovery There he will learn the hardships of being homeless experience his first kiss and meet a Mexican laborer Tavo who has a thing or two to teach him about life and love Debut novelist Sandra Alonzo creates an honest portrait of a family dealing with mental disease

Riding Doctor Beth Glosten, 2015-01-01 After leaving horses behind for many years to

pursue her medical career Dr Beth Glosten decided it was time to ride again only to discover that as a middle aged woman she struggled with tension awkwardness and an aching back Dr Glosten s own frustration with riding prompted her to apply her clinical research skills to figure out what it would take to not only create the harmonious picture of horse and rider moving together but also feel good while doing it The result is *The Riding Doctor* a book that sets itself apart with its remarkably clear and understandable explanations of riding anatomy and what our bodies do on horseback as well as its applicability to riders of all ages abilities and equestrian disciplines Dr Glosten knows how our bones and muscles move and react when we communicate with a horse from the saddle She is familiar with our compensatory patterns and movement tendencies via both her medical background and her own riding experience I wear the label riding doctor when I work with riders and evaluate their balance and functional challenges on horseback explains Dr Glosten I do not diagnose medical disorders but I use my background in medicine movement and riding to identify postural and muscle imbalances that can preclude effective riding and cause or contribute to injury With sections based on Dr Glosten s Five Rider Fundamentals Mental Focus Proper Posture Leg Control Arm Control and Understanding Movement readers are introduced to a sensible system of organizing the human body in the saddle Throughout Rider s Challenge case studies provide a glimpse of the kinds of problems commonly faced and how to best solve them Then Dr Glosten who is also a certified Pilates instructor and founder of the RiderPilates LLC fitness program provides over 50 step by step exercises geared toward further developing the riding skills we need to be balanced effective healthy riders now and for years to come Pressure Proof Your Riding Stewart Daniel,2013-10-01 Sport psychology expert and international riding coach Daniel Stewart has spent a lifetime training equestrian athletes to Pressure Proof their riding In this book he shares dozens of specific tools and tricks that can be used to manage the stress nerves distraction and panic that so often hinder performance You ll find clearly defined individual steps to mental and physical success in the saddle including ways to strengthen mental imagery and handle brain babble goal setting tools stress management tips relaxation techniques and so much more Perhaps best of all Daniel reminds readers that riding is about doing what you love and loving what you do His humor and enthusiasm are certain to inspire invigorate and ensure a lifetime of goals attained and fun had with your horse **Horseback Riding For Dummies** Audrey Pavia,2011-02-14 You ve always dreamed of riding horses So what are you waiting for It s time you realized your equestrian dreams and learned to ride like a pro on the back of a noble steed And *Horseback Riding for Dummies* shows you how Don t know a horse s head from its tail a trot from a canter withers from a fetlock No problem Coauthored by a medal winning equestrian and nationally respected equestrian trainer it tells you what you need to know about that elegant animal body and soul to become an accomplished rider And it trains you in all the technical basics of riding for fun or competition including how to Find a good stable and instructor Select riding gear Warm up and keep riding muscles fit Establish a rapport with a horse Cue a horse to walk jog trot lope and cantor Ride in the ring and on trails Improve your balance and timing Compete in

horse shows Buy and care for your own horse Stop dreaming about it and learn to ride like the wind with Horseback Riding for Dummies the ultimate beginner s guide to all things equestrian *Winning Habits* Annette Paterakis,2021-12-28 A unique and groundbreaking analysis of how to succeed in equestrian sport this book unpacks the winning habits of successful equestrians to form a toolkit for readers to develop their own winning habits Applying psychological understanding in peak performance this book is bolstered by interviews with top contemporary professional show jumping athletes to explore and show how leading equestrians have interpreted various methods and built them into approaches for their own training Theoretical concepts such as mindset deliberate practice focus and flow are broken down and translated into practical steps for a more powerful and effective way of thinking training and performing Renowned equestrian mental coach Annette Paterakis reveals factors of success as well as answers common questions from building lasting confidence to responding to failure Smashing the myths of talent and hard work Paterakis offers a refreshing take on mindset focus and approach to success both in and out of the show ring An essential read for anyone who would like to learn about or improve their mental game this book is uniquely suited for equestrian riders coaches and other athletes as well as offering supplementary reading for applied sport psychology courses **Gymnastic Riding System Using Mind, Body, & Spirit** Betsy Steiner,2015-03-01 A multifaceted training system for riders and horses of all levels Most books discuss the physical aspects of riding horse position rider position use of aids schooling exercises and movements Betsy Steiner however an international rider and trainer believes that the physical is just one third of the riding equation and that two equally important vital components the intellectual and the psychological are often ignored Her approach to riding and training is to use the body mind and spirit all working together to create a rich experience she call gymnastic training that addresses horse and rider as the three dimensional beings that they are This training system is geared toward maintaining proper form and alignment crucial for human and equine athletes alike Progress is achieved by use of inventive gymnastic schooling exercises for the horse and a tailored program of Pilates exercises enabling the rider to become athletic lithe energetic and flexible What Your Horse Wants You to Know Gincy Self Bucklin,2008-04-21 Listen to and communicate with your horse successfully This is a book for everyone who has ever looked at the constantly increasing list of methods and systems marketed as horsemanship and wondered which of the many possible approaches would be most suitable for a particular behavior problem Gincy Bucklin has distilled her many years of experience with horses and riders into a very useful step by step hands on book Bucklin s writing is smooth and easy to read and no matter where you open this book you ll find that her deep respect and affection for both equines and humans shines through Dr Jessica Jahiel author of Riding for the Rest of Us Gincy Bucklin uses her decades long experience with horses to answer that most frequently asked question Why did my horse do that And she comes up with creative solutions that weave together traditional horse handling with the best of modern horse training including my own personal favorite clicker training Alexandra Kurland author of Clicker Training for Your Horse and The Click That Teaches

video lesson series It takes time for a horse to learn everything we want him to know If we don't make our intentions clear to him in ways that he can understand or if we don't listen to what he wants problems may result Featuring easy to follow step by step advice What Your Horse Wants You to Know reveals how to communicate effectively with your horse to create an atmosphere of mutual cooperation What Your Horse Wants You to Know focuses on improving your horse's behavior on the ground so you can develop relationship and communications skills without the more challenging problems that arise once you're on his back Use your entire body to communicate with your horse Show your horse that you respect his needs and feelings Be patient and consistent with your horse while having fun Understand your horse's fears and overcome them Respond appropriately to physiological or nutritional problems Use praise to make your horse feel confident and successful

Complete Horse Riding Manual William Micklem, 2023-03-28 A new fully updated edition of the complete guide to horse riding Learn all there is to know about horse riding from horse care and show jumping to mastering dressage with this comprehensive and fully updated guide Suitable for both novice and advanced riders and for equestrian fans of all ages this book will guide you through every stage of the riding process from the first time in the saddle to advanced riding skills Featuring all of the latest techniques and equipment this revised and updated edition covers everything you need to know about basic horse training dressage training and mental and physical preparation for both horse and rider as well as how to find and develop your ultimate horse Presented in spectacular visual detail it is the ultimate guide to perfecting your equestrian skills Featuring tips from internationally renowned horse trainer William Micklem The Complete Horse Riding Manual is a truly thoroughbred guide that is a must have for any horse lover

Riding the Triumph: Beyond the Race Tracks Pasquale De Marco, 2025-04-23 In the captivating world of competitive cycling Riding the Triumph Beyond the Race Tracks takes you on an exhilarating journey through the adrenaline rush of competition the sacrifices and triumphs of the unsung heroes and the intricate strategies that unfold on the road to victory From the cobblestone classics of Europe to the grueling mountain passes of the Grand Tours this comprehensive guide delves into the anatomy of a race exploring the tactics and techniques that cyclists employ to outmaneuver their rivals Discover the vital role of domestiques the unsung heroes who work tirelessly behind the scenes to support their team leaders and the unwavering dedication of family members who sacrifice everything to see their loved ones succeed Riding the Triumph Beyond the Race Tracks unveils the fascinating world of professional cycling shedding light on the different levels of competition the major teams that dominate the sport and the rigorous daily routine of a professional cyclist Understand the challenges that these athletes face from the intense training and travel to the pressure to perform and the immense rewards that come with success Beyond the physical demands of the sport this book delves into the physiology and psychology of cycling examining how the body produces energy how the muscular cardiovascular respiratory and nervous systems adapt to the unique demands of cycling and the importance of proper nutrition and hydration Explore the mental challenges that cyclists encounter the significance of mental

preparation and the strategies they use to stay focused and motivated during grueling races Immerse yourself in the rich history of cycling tracing its evolution from a novelty to a competitive sport that captivates millions worldwide Learn about the golden age of cycling when legendary cyclists like Fausto Coppi and Eddy Merckx ruled the sport and the modern era of cycling with its technological advancements and global reach Discover the major cycling events including the Tour de France the Giro d Italia and the Vuelta a Espa a and the profound impact that cycling has had on culture and society Whether you re a seasoned cycling enthusiast or new to the sport Riding the Triumph Beyond the Race Tracks offers an immersive and informative exploration of the world of competitive cycling Prepare to be captivated by the adrenaline drama and human spirit that define this exhilarating sport If you like this book write a review on google books

Exploring the Trails: A Comprehensive Guide to Mountain Biking Community Connections Maritza Beasley, Dive into the vibrant world of mountain biking culture with this comprehensive guide to the social and cultural aspects of the community From group rides to adrenaline fueled events this book delves into the unique bonds that unite mountain bikers around the globe Discover the unwritten rules and etiquette that govern the trails as well as the camaraderie and sense of belonging that comes with being part of this dynamic community Learn how to navigate the ins and outs of group rides and events including tips on how to join local clubs and meet fellow enthusiasts Whether you re a seasoned rider or new to the sport this book offers valuable insights and advice on how to get involved in the mountain biking community Explore the different types of group rides from casual cruises to technical challenges and find the ride that suits your style and skill level Gain a deeper understanding of the history and evolution of mountain biking culture from its humble beginnings to its status as a global phenomenon Discover the role that inclusivity and diversity play in shaping the community and learn how to contribute to a welcoming and supportive environment for all riders Whether you re seeking adventure friendship or simply a way to connect with nature mountain biking offers something for everyone Packed with practical tips personal anecdotes and expert advice this guide is the ultimate companion for anyone looking to immerse themselves in the world of mountain biking Uncover the hidden gems of the community from local hotspots to must attend events and find your place among fellow riders who share your passion for the sport Embrace the thrill of the ride and the camaraderie of the community as you embark on your own mountain biking journey

[Brain Training for Riders](#) Andrea Monsarrat Waldo, 2017-01-16 Did you know there is an area of your brain known as the Lizard Brain that thinks only about the immediate moment and your means of survival Yes in certain circumstances your Rational Brain can effectively shut down and you are at the mercy of a reptile dry mouthed sweating queasy unable to think clearly even though you know better When does the Lizard Brain run the show It can happen in any number of unfamiliar uncomfortable challenging or stressful riding situations But here s the thing with the right kind of training you can learn to manage the reptile within which leads to greater confidence with horses better riding performance and ultimately happiness at the barn at shows and everywhere in between Andrea Waldo teaches you how to Handle

uncomfortable emotions such as fear anger anxiety and embarrassment Hone your mental game and focus your riding time to get the most out of your hours in the saddle Care for your emotional injuries the same way you would care for an injured horse Produce a state of Focused Calm and tap into the skills you have whether you know it or not to ensure an outstanding ride *Riding Through Thick and Thin* Melinda Folse, 2016-03-01 Many if not most women have been locked in a battle with their bodies for as long as they can remember And when it comes to riding horses they drag their arsenal of self doubt with them every time they step into the saddle Some quit riding completely Others ride but are frustrated by their lack of progress as riders or what they see as poor performance They succumb to silent self torment as they wonder how they look what others think and whether they have any business on the back of a horse if their jeans feel a little too tight Regardless of seat size riding discipline or the degree or even truth of the body issues with which they struggle the scars on female self image in our society run deep and wide So with the humor and big sisterly swagger that readers and reviewers have come to love Melinda Folse author of bestseller *The Smart Woman's Guide to Midlife Horses* has decided to step in with a delightful insightful fulfilling new book *Riding Through Thick and Thin* delves to the bottom of the issues that have long held women hostage bringing together experts research resources and stories to encourage inspire and empower Readers will find some answers that may surprise them Believe it or not this is not about losing weight or getting fit although if that's a point of interest there's a section packed with helpful tools and ideas This book is more about what's going on in every woman's mind and it taps new findings in neuroscience to reveal that permanent change to deeply ingrained body image issues is not only possible but it may be much easier than we think **Equine Cultures in Transition** Jonna Bornemark, Petra

Andersson, Ulla Ekström von Essen, 2019-01-10 Societal views on animals are rapidly changing and have become more diversified can we use them for our own pleasure and how should we understand animal agency These questions asked both in theoretical discourses and different practices are also relevant for our understanding of horses and the human horse relation *Equine Cultures in Transition* stands as the first volume to bring together ethical questions of the new field of human horse studies For instance what sort of ethics should be developed in relation to the horse today an egalitarian ethics or an ethics that builds upon asymmetrical relations How can we understand the horse as a social actor and as someone who just like the human being becomes through interspecies relations Through which methods can we give the horse a stronger voice and better understand its becoming These questions are not addressed from a medical or ethological perspective focused on natural behaviour but rather from human acknowledgement of the horse as a sensing feeling acting and relational being and as a part of interspecies societies and relations Providing an introductory yet theoretically advanced and broad view of the field of post humanism and human animal studies *Equine Cultures in Transition* will appeal to students and researchers interested in fields such as human animal studies political sociology animals and ethics animal behaviour anthropology and sociology of culture It may also appeal to riders and other practitioners within different horse traditions *Fitness Cycling*

Shannon Sovndal,2013-05-01 From customized workouts to authoritative advice Fitness Cycling provides the most effective workouts for achieving peak physical conditioning As a cyclist and physician for one of the sport s leading teams author Shannon Sovndal provides a detailed approach to cycling that will help you increase strength speed stamina and overall fitness Fitness Cycling features 56 workouts based on specific aspects of riding such as base building interval training sprint and hill climbing and time trialing Each workout is color coded for intensity level so you can create a targeted program based on your goal current fitness level and cycling experience With recommendations advice and professional insights on riding techniques goal setting training concepts recovery and preventing common cycling injuries Fitness Cycling is the one training guide you ll turn to again and again for a lifetime of cycling workouts [Lessons From Meerah: How a Rescued Arabian Mare Helped Me Evolve as a Horsewoman](#) Suzy Graf,2025-01-05 There is nothing like leading a horse through endless labyrinth like circles or listening to the trickle of water running over swollen legs to place me into a state of contemplation And this is how my story begins Nursing my ten year old Arabian mare through a mysterious week long illness while my mind and this book remembers the five years of work errors triumphs and tragedies that ultimately led to a true partnership with my dressage and trail horse Horseback riding is my passion part of my daily existence and happiness and when my riding horse unexpectedly died I needed to fill the void left in my emotional and social life Enter Meerah a five year old rescued Arabian a horse that my ego assumed I could easily train to my liking But Meerah had her own opinion of how our new relationship should function I should have known better than to apply the negative reinforcement style training that I had used on my old Western Pleasure mount but I didn t I was in my late fifties and for the past twenty years had grown spiritually in my everyday life however my equestrian mind remained mired within dominance It was Meerah who healed my wounded emotions and introduced me to a new way of thinking about horsemanship Lessons from Meerah is a memoir a five year journey of my struggle to remember the simple path one needs to follow to form a successful relationship with a new horse and not to blindly adhere to a recipe for training that I learned when I was much younger Yet ingrained habits are hard to recognize and even harder to break My recently deceased horse knew what I wanted and our invisible body language of a raised rein hand or a touch of the spur would easily catapult my old mare into the proper response But Meerah was young inexperienced and did not understand my minuscule cues let alone being ridden I was determined to lunge my new mare into submission or bit her head into the proper position or sit heavy and squeeze my legs into controlling her speed I was determined to re create the Western Pleasure and trail horse that I had lost and never considered my new horse could have an opinion let alone a different goal than I Meerah threw me off her back and into a fence bolted and nearly unseated one trainer and successfully wiggled her way out from under another The beautiful Egyptian Arabian was a talented mover and had great potential IF I could figure out how to ride her Two steps forward and one step backwards was the progress we made together as I struggled to get her into the frame I desired And ever so slowly the epiphany of common sense seeped

into my blue ribbon seeking equestrian head I learned to accept Meerah's ability to move as a dressage horse and not as a predestined Western Pleasure horse And as I learned the value of Centered Riding Liberty training and Natural Horsemanship I changed my perspective Meerah was not the typical equine slave I could control Quite the contrary she became a partner And through all these lessons I met new people rekindled old friendships and grew into the horsewoman I am today I'll always treasure the memories and experiences of my youth it is acceptance of change or is it growth that I applaud throughout the contents of this book I hope you find my words and our story inspirational for your own life's journey

Suzy and Meerah **Riding Shotgun** Nathan Bennett, Stephen A. Miles, 2006-06-09 The role of Chief Operations Officer is clearly important In fact it has been argued that the number two position is the toughest job in a company COOs are typically the key individuals responsible for the delivery of results on a day to day quarter to quarter basis They play a critical leadership role in executing the strategies developed by the top management team And in many cases they are being groomed to be or are actually being tested as the firm's CEO elect Despite all this the COO role has not received much attention Riding Shotgun The Role of the COO provides a new understanding of this little understood role The authors a scholar and a consultant develop a framework for understanding who the COO is why a company would want to create this position and the challenges associated with successful performance in the COO role Drawing heavily on a number of first person accounts from CEOs and other top executives in major corporations the authors have developed a set of strategies or principles to inform individuals who aspire to serve in such a position The executives who share their experiences in this book are from some of the most established and important companies in today's economy AirTran American Standard Companies Amgen Adobe Systems Inc Autodesk Inc eBay Heidrick InBev Kohlberg Kravis Roberts Mattel Inc Motorola PepsiCo Raytheon Company Starbucks and many others Excerpts from the Book On focusing on success The primary goal I set for myself on how I define what success looks like for me is am I working at a company that matters Am I working with somebody who I think affects positive change Am I providing a benefit to my family Am I enjoying myself Why would I put a limitation on my enjoyment There is an old view on Wall Street that says They love you until they don't I am going to stay happy until I am not Dan Rosensweig COO Yahoo On the relationship between the CEO and COO Deep down you have to trust each other and you have to like each other If you don't like each other and or don't trust each other it may work kind of but it will be at a fifty percent level at best Craig Weatherup Director Starbucks and former Chairman Pepsi On the challenges of transitioning into the COO role If you can't conceptualize the strategic objectives or help drive that or participate in that I don't think you are going to succeed But equally if you can't translate that into an executable plan you are not going to succeed either Shantanu Narayen COO Adobe Systems Additional Quotes Miles Bennett tackle an important and drastically under researched area the role personalities fit and success factors of COOs We've seen several COOs who have been total winners but it's striking how different the models of success can be depending on role personal competencies

business situation cycle type team strengths and CEO strengths The authors have done a very nice job of tying all of this together Jim Williams Partner Texas Pacific Group The lessons reported in this book will be very useful to Boards Heads of Human Resources and CEOs as they consider succession planning and organizational design Dale Morrison President Chief Executive Officer McCain Foods Limited The job of COO is becoming more important as companies and their boards look internally for succession alternatives One question they face Will the organization continue to run as the number 2 becomes the number 1 Riding Shotgun will help answer this and many more questions about the COO role in today s corporate structure John Berisford Senior Vice President Human Resources The Pepsi Bottling Group The COO plays a critical leadership role in most businesses but its particularly true in the natural resources industry Getting the right person on board and making sure that they are set up for success is critical The information presented in this book is long overdue and will certainly help CEOs and Boards successfully design and implement the COO position Charles Chip Goodyear Chief Executive Officer BHP Billiton With the recent emphasis on enterprise performance and CEO succession planning this book is a must read for board members and executives who want to drive leadership capability and ensure sustained performance in their companies Carlos Cardoso Chief Executive Kennametal Inc Under a weak CEO the job is nothing short of agony Under a great CEO the COO s job is the best in the world grounded in execution and performance metrics Paula Rosput Reynolds President and Chief Executive Officer Safeco Corp The takeaways in this book are critical to anyone whose work touches that of the COO CEOs boards top managers COOs themselves That said a great deal of the lessons herein will help any one more effectively manage their relationship with their boss or their number two wherever they sit in an organization Kevin Cox Executive Vice President Human Resources and Quality American Express Financial Services Inc What makes for a successful relationship between the CEO and chief operating officer Why do there seem to be so many examples where it just doesn t work as intended Miles and Bennett offer well thought through perspectives on the factors which influence the success or failure of the chief operating officer role in today s corporation supported by candid interviews with a number of well known leaders The result is a highly readable book which will help those considering creating such a role to go into it with their eyes wide open Lucien Alziari Senior Vice President Human Resources Avon Products Inc For more information please visit the Riding Shotgun website

Riding Shotgun Nate Bennett, Stephen Miles, 2017-01-11 The role of Chief Operating Officer is clearly important In fact it s arguable that the number two position is the toughest job in a company COOs play a critical part in executing the strategies developed by top management And in many cases they are being groomed or test driven as the firm s CEO elect Riding Shotgun provides unique insight into this little understood role The authors develop a framework that illustrates who the COO is why a company should create this position and what the challenges associated with this job entail Drawing heavily on first person accounts from top executives the authors offer a set of strategies to inform individuals who aspire to serve as COO With a new preface and conclusion and even more interviews

from some of the most established and important companies in today's economy this book is a one of a kind resource for the C suite and the boardroom

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Focused Riding Introduction

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