

EQUESTRIAN PILATES® is for riders of all disciplines and riding abilities. EQUESTRIAN PILATES® starts with an off-the-horse evaluation. This evaluation reveals your muscular strengths, weaknesses, movement patterns, inflexibilities and posture. From this evaluation we design a program specifically for you and your needs. This program gives you the tools to increase your body awareness, flexibility, strength and balance. We will also teach you how your body affects your horse's body and movements. The horse and rider mirror one another. A balanced, flexible and strong rider creates these same qualities in their horse. How a rider moves OFF the horse is how they move ON the horse.

The rider's body awareness is a major determining factor in maximizing EQUESTRIAN PILATES® training and optimizing their riding ability. As a rider becomes more aware of their body on and off the horse they can see a dramatic improvement in their riding. With these insights the rider can become aware of their compensation patterns. From there we can design a program to correct those imbalances and in turn can give you better insights of your body's alignment in the saddle.

Your body's core is comprised of the muscles and fascia that support the spine and provide the strength to maintain the body's balance, alignment and posture. Increasing core strength and flexibility keeps the rider strong and supple and can reduce back pain. It also encourages the horse's collection. Increased core strength enhances your stability and balance in the saddle. It improves communication with your horse by strengthening your seat, thus allowing for more clear and effective cues.

EQUESTRIAN PILATES® can be combined with Myofascial Release for a dynamic combination of treatment modalities. Leah can work in collaboration with the rest of your healthcare team. Having this team approach we can communicate with your riding instructor, Pilates or yoga instructor, Physician, Physical Therapist or Chiropractor to have continuity of care for you. I encourage the sharing of insights and observations from other team members to design the best program for you to enhance your health and riding abilities.

EQUESTRIAN PILATES® has been seen in Horse Illustrated, Dressage Today, The Gaited Horse, Polo Player's Edition, The Virginia Horse Journal, England's EQUESTRIAN Magazine, and several online journals. EQUESTRIAN PILATES® is a registered trademark owned by Elizabeth Hanson and is used with her permission.