

Pathways To Connection



Connected Riding®





So, what is Connection?

*“It’s that synching of two bodies in motion,
one of the most exhilarating things you can do!”*

~Peggy Cummings

Introduction

Why Connected Riding®?

“Connected Riding®” offers the missing link that shows you how to synchronize in movement with your horse. Synchronizing in movement allows the horse’s movement to come through your body and back through his, giving you the sensation of floating and being with your horse in body, mind and spirit. This comes from your understanding and applying the physics of horse and human movement, such as neutral posture, reciprocity (based on Newton’s law of motion) and other movement based applications that invite the horse to join the rider in the dance.

“Connection” is the ultimate state of partnership in which neither horse nor handler is tense nor braced in any part of his or her body, in which the horse is moving fluidly, softly, lightly, dynamically expanding in every direction and in which the human reciprocates, maintaining a bungee-like connection on the line or rein.

“The Cycle of Connection” is when the horse connects to its core muscles, hind feet and poll, lifts its back, balances and rebalances itself readily and in all directions again and again.

Balance can only happen with connection.

Get Started

Developing an eye and feel for Connection from handler to horse, and creating more Connection within the horse through groundwork and riding is the main focus of these courses.

Riders:

Courses that offer depth of understanding of horse movement and function, eye for seeing nuances in horse movement and responsiveness, and tools for helping horses through their compensations and “stickiness.”

Riding instructors:

In addition to the course electives for riders, courses that are geared specifically for you in your role as a professional, wanting to supplement your toolbox with things that add ease to your teaching, mileage for your schooling horses, and ideas and support from other professionals.

SCRT Courses

SCR courses have been designed by international clinician, author, and founder Peggy Cummings and her top Connected Riding instructors. SCR courses are designed for people who wish to incorporate Connected Riding into their own riding, and/or teaching program, or who wish to take the initial steps to becoming a certified Connected Riding practitioner.

The 100 level courses are designed for participants to understand the rationale and the component parts of every concept in the SCRT courses. You will experience, demonstrate, and practice each concept under the instructors' supervision. An immediate outcome of 100 level courses will be a clearer application of CR groundwork and riding skills, as well as basic tools for sharing this approach with others.

SCRT 101

Open to all riders and riding instructors

The SCRT 101 Course is 5 full days.

Cost: \$1,300 in US

Course Description:

The basis of SCRT 101 is to introduce the foundations of movement, position, balance, and connection. This course addresses the rationale and philosophy for the "Connected" method: Biomechanics of movement in horse and rider including body awareness for riders, Connected Riding postures for horse and human, equipment use, and introduction to Connected Riding from the "inside out." The key application taught in this course is learning how and why to balance the human body in neutral position, and experience this difference in working with horses from the ground and saddle.

Course Materials: *Connected Riding: An Introduction®*, *Connected Riding®*, *Connect with Your Horse from the Ground Up*, *Connect with your Horse from the Saddle*, books by Peggy Cummings.

Pre-requisite for SCRT 102. After each course a post-test will be required to advance and/or to receive a certificate of participation. There is also practice homework assigned after each course with the expectation that each student will spend time anchoring the learning from the course.

SCRT 102

Open to all riders and riding instructors

The SCT 102 Course is 5 full days.

Cost: \$1,300.00 in US

Course Description:

The SCRT 102 continues the intensive overview of Connected Riding applications. This course is devoted to in-depth learning about the theory, mechanics, and applications of Connected Groundwork and how it affects work under saddle. Additionally, there is a continued development of Connected Riding skills. Must have successfully completed the SCRT 101 course and completed homework.

SCRT 103

The SCRT 103 Course is 6 full days.

Cost: \$1,550.00 in US

Course Description:

The SCRT 103 continues the intensive overview of Connected Riding applications. This course is the last of the introductory 100 series courses. It combines the concepts of horse and human postures and biomechanics to focusing on work in-hand, and riding; synchronizing horse and rider from the ground and under saddle. It is expected that each participant has a working knowledge of the concepts and applications from the 101 and 102 coursework, in order to apply these concepts with more depth. Horses and riders must be fit enough to jog in-hand and be able to ride twice a day. It is important that each person has 2 horses available to work with during the course. Participants should arrange to provide horses or work with the onsite host to be sure they have at least one horse to work with for the course.

**Instructor (the 102 instructor) approval is required to register for this course and have completed the pre-requisites for this course.*

Upon successful completion of this course, the student and the CR course staff determine if the student is ready to move on to the final steps of the certification process, involving case studies and a final exam. This is when the official term of “practitioner in training” (PIT) applies.

SCRT 104

Certification Exam

The SCRT 104 Course is 3 hours.

Cost: \$350.00 in US

Course Description:

Teaching presentation exam and final for CR practitioner certification.

Requirements:

6 Case Studies completed and approved prior to the test date.
In good standing as a Practitioner in Training.

Supplemental Coursework

SCRT will be offering ongoing supplemental courses to support Connected Riding theory and practice. These courses will be open to all riders and riding instructors.

We encourage everyone to take these courses. Some of these courses are required for those people on the CR Practitioner in Training (PIT) path, and will be noted in the schedule of courses, which will be published by Fall 2017.

Currently these courses include:

Jillian Kreinbring, Senior Instructor
Understanding Equine Movement
(one evening and 2 full day course)

Deb Davies, Senior Instructor
Equine Nervous System I-V (4, 2 day courses)
Equine Self-Expression (4 day course)
Self Carriage Course (2 days)

Julie Staub, Practitioner
1 Day Course Supporting the Horse and Rider

Additional Information

Locations:

We will be hosting SCRT Courses at these and other locations:

Oregon – Peggy Cummings

Spain – Peggy Cummings, Melin Farriols

Missouri – Debbie Davies

Washington – Diane Sept

Texas – Jillian Kreinbring

United Kingdom – Mette Tranter

Course Dates:

Dates will be posted 6 to 12 months in advance.

Course registration:

Sign up to reserve your place in a course! If you do not see courses offered near your location, contact us about hosting an SCR course and we will do what we can to help make this work. Courses come together by hearing from folks who are interested, then we can put a group of interested parties together in one area.

Register at: info@connectedriding.com

Q&A

Q. Why take a Connected Riding Course?

A. A CR Course provides you with more-hands on demonstration and in-depth learning opportunities than a riding clinic can offer. Because it is such a small group, each person and horse gets individual attention and feedback. The courses are 5-6 full days of intensive learning set in a relaxed environment with others who have questions and concerns about their riding skills and their horse's abilities and more.

Q. I am a new rider, is this course for me?

A. In order to fully benefit from the course, we strongly recommend prior familiarization with Connected work by taking lessons, a clinic, or a course with one of our instructors or practitioners so you understand the overall concepts and language of Connection. A special exception would have to be made if you do not have at least a brief prior orientation to the work.

Q. Can I host a course?

A. Yes, you can host a course. You will need to guarantee a minimum of 4-6 people with a waiting list of 2. Your responsibilities as a host will be to arrange the classroom meeting space, arena, horse accommodations, and or school horses, and lodging for students from out of the area. The benefit to being a host is that the event is close to home so that you do not have the added burden of travel and being away from home. It is assumed you will host (room and board) the instructor of the course. The instructor will cover her own travel expenses. The meeting area should comfortably host 8 people. A a living room, or a comfortable heated barn area with chairs, table, and bathroom is suitable.

Q. Do I bring my horse?

A. This depends upon the host site. We strive to have course sites that have at least one to two school horses available for those people traveling from a distance. Yes, local participants may bring horses, as long as the horses are sound, healthy, and able to at least walk and trot or gait and are manageable in settings away from home. Once a course is set, the host of the facilities will provide the necessary information regarding horse accommodation and fees. If you are unable to bring your horse one may be provided.

Contact Information

Contact Information:

www.schoolofconnectedriding.org

info@connectedriding.com

More Information:

www.connectedriding.com

Once you have contacted one of our school staff members, we will assist you with any additional questions or concerns you may have.

Our Connected Riding Organization Values

Safety

- ☞ Promote self-awareness and self-responsibility
- ☞ Nurture respect for individual differences and learning processes
- ☞ Encourage physical, mental, emotional well-being

Empowerment

- ☞ Support self-exploration, personal growth, discovery, and mastery of Connected Riding

Kinship

- ☞ Cultivate teamwork, cooperation, responsibility to group, and win-win process

Integrity

- Accountable to self and others—walking one's talk
- Clear, honest communication— forthcoming
- Kind, thoughtful, respectful, professional

Mastery

- ☞ Confirm ownership of skills
- ☞ Challenge learners to reach their full potential
- ☞ Engender creativity
- ☞ Share knowledge with others.

The Labyrinth



*“Connected work improves everything we do with horses
It takes you from a language of concepts, to sensations of feel.”*

~Peggy Cummings

Connection is a pathway in and of itself. This is what makes
Connected Riding® work so powerful.

It is our main pathway to learning "feel," and synchronizing with
horses.

