

Connected Riding Demonstration in the Netherlands

Vanda Oosterhuis and Simone Jellema

We were very lucky! During her tour through Germany, Peggy had the possibility to do a demonstration in the Netherlands. And what a demo it was! We had 3 very different horses with very different riders with whom Peggy worked individually.

After an introduction Peggy, began the day with body awareness exercises for all participants. She did several exercises with us, so everybody had the possibility to find a neutral pelvis and balance and feel what Connected Riding offers for the rider's body. We all liked it very much, the feeling when you are in neutral, when you are in balance - and when not, and how you can change that. The first rider, riding a Dutch warm blood, Peggy asked to dismount, and she balanced her on a stool. Meanwhile Vanda did groundwork with the horse to loosen him a bit, which was fun to do as he was very responsive. It was great to see the changes when the rider got on the horse again. The rider rode much more in balance and the horse did go so much better! Before, the horse was very high-headed and unbalanced. His rider was also unbalanced. After the rider was balanced on a stool and rode again, it was quite different. Her horse started to lower his head and became more balanced.

After the break, Simone and Vanda balanced people in saddles on saddle stands into neutral posture position. Simone's daughter rode her pony as one of the demo riders. A nice combination and a good rider. She said her pony was on the forehand and wasn't active. Peggy also began by doing some body awareness exercises with her off the pony and then we saw how this changed how she rode her horse—they both got happier! Her pony did go much better, more active, and much less on the forehand anymore.



Before: Notice this rider is sitting behind the vertical and arching his back. His horse is on the forehand, falling on the inside shoulder, the neck is contracted and the hind legs are not supporting him.



After: The rider is in a more neutral posture. The horse is better able to balance himself by releasing the neck and is able to step under and push with his hind legs.

The last rider was a man with a PRE horse. He was a bit stiff in the beginning and indicated that he could not feel much when he was riding his horse. Again, Peggy started by helping this rider become more aware of his body off the horse and then helped him find his neutral position on his horse. Soon he became more supple and more in balance and yes, the same happened again... the big changes in horse and rider! The rider could better feel what he and his horse were doing.

It was great how Simone and her family, who arranged the nice accommodation, took care of the cafeteria, brought everything that was needed, organised the horses and so made the demo possible!

Vanda, CR instructor and Simone, CR instructor in training