

Breathe Life Into Your Riding Hardback

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The fact that awareness of breath improves our riding will not be a surprise to most riders. Changing breathing patterns and thereby acquire a heightened communication with the horse, however, may seem so esoteric and out of reach to riders, that sadly many will never try.

Breathe Life into Your Riding: Amazon.co.uk: Jenny Rolfe ...

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Keep a relaxed feel in your sternum whilst breathing. Expand the chest, not by tightening the sternum and hollowing your back, but widen through the shoulder blades and ribcage, breathing wide and full, into your spine. Take a deep outward sigh and allow the breath to ripple through your torso down into your core and through your legs and feet.

BREATHE LIFE INTO YOUR RIDING - Genius Equestrian

Place a hand on either side of your rib cage and feel the inward breath inflate the rib cage wide and full. Keep your sternum (breast bone) relaxed. Then breathe out naturally, relaxing and releasing throughout your body. The inward breath will influence the rider in the following ways:

Breathe Life into your Riding | Ride Magazine

Breathe Life Into Your Riding: Transform Your Riding with Inspirational and Innovative Breathing Techniques by Jenny Rolfe. Click here for the lowest price! Hardcover, 9780851319841, 085131984X

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The inward breath will influence the rider in the following ways: the chest will expand and widen; the abdominal area inflates creating stability and power; the body is re-charged with vital energy; the spine will strengthen and lengthen, giving stability to your upper body; the thigh will strengthen, stabilizing the seat and the body will naturally re-balance. The DEEPER inward breath is the essence of re-balancing (half-halt) in training.

Breathe Life Into Your Riding: Part 1 - NW Horse Source

Breathe Life into Your Riding, Dorchester, Dorset. 1.3K likes. Jenny Rolfe, Classical Dressage Trainer & Author teaches a connection with your horse through core and breath energy with minimal aids....

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Breathe Life into Your Riding: Transform Your Riding with Inspirational and Innovative Breathing Techniques: Rolfe, Jenny: Amazon.com.au: Books

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Breathe Life into Your Riding: Transform Your Riding with ...

Breathe Life into Your Riding Jenny Rolfe, Classical Dressage Trainer & Author teaches a connection with your horse through core and breath energy with minimal aids. Training Available as an online video series, a series of hardback books as well as workshops and 1 to 1 training.

Breathe Life into Your Riding, Dorchester (2020)

Breathing techniques facilitate self-control, calmness of mind, stability and energy, thus enhancing balance and harmony within your riding. Jenny Rolfe looks at the rider from top to toe and discusses where tension may be carried. She provides exercises to release restrictions caused by tension.

Breathe Life Into Your Riding by Jenny Rolfe, 9780851319841

Breathe Life Into Your Riding is another exciting book from international dressage trainer Jenny Rolfe, and one that will profoundly impact riders of all disciplines. Here Rolfe expands upon her training techniques using the power of breathing and energy exchange between horses and people.

Breathe Life Into Your Riding: Transform Your Riding with ...

Breathe Life into Your Riding. August 5, 2020 April 1, 2013 by NW Horse Source. Pt. 4: Breathe into Your Transitions. by Jenny Rolfe . This month we're going to cover breathing as an aid to better transitions. As described in my last article, take a few moments to check your posture from 'top-to-toe.' Focus on your core breathing and feel ...

Breathe Life into Your Riding - NW Horse Source

The BHS hopes that you and your family are staying safe and well at this time. The Society has put in a range of measures (such as limiting the number of people on site) to protect and care for our team. Our online shop remains open but please be aware that it may take slightly longer for us to process your order.

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This energy is the natural herd language, which is so often overlooked! I have written three books as my own journey progresses, entitled ' Ride From the Heart ' followed by ' Breathe Life Into Your Riding ' and now my NEW book to form a TRILOGY, ' The Spiritual Path for the Classical Rider '.

Home Page - Jenny Rolfe - Naturally Classical

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Breathing techniques facilitate self-control, calmness of mind, stability and energy, thus enhancing balance and harmony within your riding. Jenny Rolfe looks at the rider from top to toe and discusses where tension may be carried. She provides exercises to release restrictions caused by tension.

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