



CITY TO SADDLE

...give a child a leg up!

Clinicians Susanne Winslade and Lisa Carusone joined forces on May 7th at Sea Star Stable in Brentwood NH to present a benefit clinic titled "Refining the Art of Riding". This unique event expanded on Lisa's recent unmounted clinic, "Whole Horse/Whole Rider 2011", and Susanne's systematic approach to classical riding. Riders and auditors participated in a group Pilates session aimed at bringing alignment and ease of movement to the riders attention. Lisa explained that as riders, we often work harder than we should. That when our bodies are encouraged to move as they are designed to, we can become more harmonious with our horses.

In the mounted portion of the session, Susanne Winslade worked with two riders at time on position, technique and alignment of the horse and rider, while Lisa observed the rider. After making her observations, Lisa worked privately with each rider on very specific postural adjustments. The goal was to maximize each individuals understanding of how to use her body in the most efficient and effective way. Riders then moved on to a private session with Susanne to work on applying this fine tuned posture in motion, to influence the horse in increasingly sophisticated ways.

The combination of these two highly trained sets of eyes produced some spectacular results.

"It was truly amazing to feel what the smallest changes and adjustments in my body can do to my horse's movement. With their expertise and knowledgeable eye both clinicians recognized every little detail in a second." ~ Angelica Hellmer.

"I was able to increase my awareness of my body in direct relation to my horse. Starting unmounted in the Pilates class helped me to open my shoulders and recognize my imbalances without my horse

adding her own opinions to the equation. By the end of the clinic I had a better feeling or "knowing" of the triangle of my seat and the "uphill" position of my pelvis that "plugged " my seat into the saddle. This helped to keep my mare forward and recycle her energy. Although individually the changes in my body felt small, together they made a significant difference." ~ Vickie Kahn-Sinclair

One hundred percent of the proceeds from this clinic were donated to City to Saddle, a non-profit, charitable organization committed to providing a diverse population of disadvantaged children access to horsemanship programs.



Before and after comparisons of a rider participating in the Susanne Winslade/Lisa Carusone clinic at Sea Star Stable on May 7th. After careful observation and corrections by both Lisa and Sue, this rider was able to make dramatic improvements on her asymmetries. For more information on future clinics in this format, visit www.susannewinslade.com.