



# Yoga *for* Equestrians

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**A New Path for  
Achieving Union  
with the Horse**

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Linda Benedik &  
Veronica Wirth

# Yoga For Equestrians A New Path For Achieving Union With The Horse

**Cathy Kan'dala Reynolds**



## **Yoga For Equestrians A New Path For Achieving Union With The Horse:**

*Yoga for Equestrians* Linda Benedik, Veronica Wirth, 2000 This programme of yoga for equestrians should help build a stronger mind body connection for improved performance All the exercises are demonstrated with detailed photographs The easy to follow instructions and photographs guide you through asana postures and pranayama breathing exercises plus a variety of unmounted and mounted awareness exercises visualizations and meditations aim to enhance your riding skills Versatile yoga routines that can be performed by riders at the stable at home or at a show are designed for warming up and cooling down and the book offers biomechanical descriptions and detailed illustrations that describe the three areas of a rider's body centre upper body and lower body which are followed by specific postures to help prepare your body for riding and achieve a balanced seat

*Taming the Wild Horse* Louis Komjathy, 2017-03-21 In thirteenth century China a Daoist monk named Gao Daokuan 1195-1277 composed a series of illustrated poems and accompanying verse commentary known as the Daoist Horse Taming Pictures In this annotated translation and study Louis Komjathy argues that this virtually unknown text offers unique insights into the transformative effects of Daoist contemplative practice *Taming the Wild Horse* examines Gao's illustrated poems in terms of monasticism and contemplative practice as well as the multivalent meaning of the horse in traditional Chinese culture and the consequences for both human and nonhuman animals The Horse Taming Pictures consist of twelve poems ten of which are equine centered They develop the metaphor of a wild or untamed horse to represent ordinary consciousness which must be reined in and harnessed through sustained self cultivation especially meditation The compositions describe stages on the Daoist contemplative path Komjathy provides opportunities for reflection on contemplative practice in general and Daoist meditation in particular which may lead to a transpersonal way of perceiving and being

*Yoga Journal*, 2001-05 For more than 30 years *Yoga Journal* has been helping readers achieve the balance and well being they seek in their everyday lives With every issue *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Riding Through Thick and Thin** Melinda Folse, 2025-11-04 Many if not most women have been locked in a battle with their bodies for as long as they can remember And when it comes to riding horses they drag their arsenal of self doubt with them every time they step into the saddle Some quit riding completely Others ride but are frustrated by their lack of progress as riders or what they see as poor performance They succumb to silent self torment as they wonder how they look what others think and whether they have any business on the back of a horse if their jeans feel a little too tight Regardless of seat size riding discipline or the degree or even truth of the body issues with which they struggle the scars on female self image in our society run deep and wide So with the humor and big sisterly swagger that readers and reviewers have come to love Melinda Folse author of bestseller *The Smart Woman's Guide to Midlife Horses* has decided to step in with a delightful insightful fulfilling new book *Riding Through*

Thick and Thindelves to the bottom of the issues that have long held women hostage bringing together experts research resources and stories to encourage inspire and empower Readers will find some answers that may surprise them Believe it or not this is not about losing weight or getting fit although if that s a point of interest there s a section packed with helpful tools and ideas This book is more about what s going on in every woman s mind and it taps new findings in neuroscience to reveal that permanent change to deeply ingrained body image issues is not only possible but it may be much easier than we think *Equus* ,2002-07 Yoga Daren Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Yoga and the Wisdom of Menopause** Suza Francina,2003-04-20 Hormone Treatment Is Called Harmful Washington Post 7 10 02 Estrogen Use Linked to Higher Cancer Risk Boston Globe 7 17 02 31 2 million women facing menopause in America are concerned by these headlines Most women today will live over one third of their lives post menopausal but what about the age old solution of hormone replacement therapy In 2002 the U S government halted a major study of hormone therapy because it increased the risk of invasive breast cancer Now millions of women are left wondering whether they should approach menopause without hormones suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic Suza Francina has a simpler solution Yoga In this practical book Francina a leading yogi and author of *The New Yoga for People Over 50* shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience both physically and spiritually Included are easy to follow indexed photos of yoga poses that alleviate key menopausal problems including hormonal changes hot flashes irregular bleeding fibroids stress and anxiety mood swings depression and fatigue bone loss heart disease and cancer Francina delivers a timely and truly heartening message to women you don t have to get weaker or depressed when facing menopause it can truly be an empowering restorative time *Open Your Heart with Pets* Janice Marie Phelps,2008 There is a difference between acquiring and having a pet and opening one s heart to a pet *Open Your Heart with Pets* explores this difference helping you to get the most of your experience with your pet or with someone else s if you are not able to have your own right now This book will Help you to understand the emotional mental and spiritual benefits of caring for a pet Provide you with many resources to initiate and continue the heart opening process throughout the pet s life and beyond Assist you in understanding what pet is the best choice for you Book jacket American Book Publishing Record ,2001 **The British National Bibliography** Arthur James Wells,2001 Forthcoming Books Rose Arny,2000 **Equestrian Yoga** Natalie DeFee

Mendik, Danny Chapparo, 2020-12-15 Equestrian Yoga integrates an ancient tradition into modern life deepening your connection with both yourself and your horse by combining the principles of yoga with the movement and energy of your horse With poses practiced both on and off your horse including hip openers shoulder stretches deep twists and lateral stretches you ll find improved strength flexibility and balance Stretches designed for the horse mirror those for the rider Breathing with intention brings clarity and awareness to your own body while strengthening the bond with your horse Equestrian Yoga complements any riding discipline and is suitable for horses and riders of all ages and abilities No previous yoga experience is required Step by step instructions as well as modifications and variations make equestrian yoga accessible to all Both yoga and riding are timeless studies explorations of self discovery and growth Enjoy the journey Equipose Priscilla Howard, Theresa Norris, 2011 An Equipose session can be practiced with your equine partner or on a simulated horse The program is designed to empower you with a way to implement Equipose Benefits of Equipose Reveals your total authentic self Supports your ground work and riding skills Releases stress tension and tight muscles Improves your range of flexibility Builds core strength for better balance Facilitates your breath to feel centered Helps you focus on yourself awareness and your horse Equipose is a comprehensive guide that discusses the energy centers of the human and horse holistic equine care desensitizing through approach and retreat ground work techniques equine stretching and natural riding methods Discover how Equipose can bring balance to the mind body and spirit Yoga for Riding: from Mat to Saddle Cathy Woods, 2020 The book to help riders become more aware and conscious in the saddle and on the ground while gently correcting imbalances through the practice of yoga *Yoga for Riders* Cathy Woods, 2025-11-04 Billions of people around the world embrace the practice of yoga Its lessons in breath control simple meditation and specific bodily postures are widely regarded as a means to achieving health and relaxation Yoga teacher and horsewoman Cathy Woods says that s not all She believes the meditative mindful breathwork and lifestyle aspects of the tradition as well as the postures can be profoundly helpful in our interactions with horses Over the course of her 30 year career Woods has created teachings that are accessible to everyone new and experienced yogis and riders of different levels and disciplines giving them life changing benefits including empowerment confidence connection and feel Her unique program is presented here in the form of highly illustrated instruction guiding you through the steps to achieving present moment awareness finding body breath and energy awareness breathing through challenges listening to your inner voice slowing down and developing balance and symmetry in the saddle All of these are key to better communication and improved partnership with our horses In addition Woods shares specific stretches for strength flexibility and balance as well as postures that contribute to rider safety as we age The result is a book that helps us become more aware and conscious riders while gently correcting our imbalances resulting in a richer more rewarding more joyful horsemanship experience **Yoga for Every Equestrian** Gabrielle Diakon, 2020-08-23 Yoga for Every Equestrian walks you through your riding journey from the lens of the yoga philosophy Develop a better balance

mentally and physically in and out of the saddle Most importantly enjoy the process Yoga can transform us into mentally and physically stronger athletes all while deepening the connection with the horse This book focuses on the things we can do as riders outside of the tack to make sure we are truly the best athlete we can be From physical exercises to meditations it covers it all      **Zen and the Horse** Pamela Au,2003-03-01 This is a very interesting and intelligent little book the author takes a unique approach to teaching centered balanced riding using Eastern philosophy as a context for mastering the art of equitation The author writes with credible authority and conveys ideas and concepts clearly and vividly Most important the book delivers what it promises It does provide specific advice for equestrians hoping to achieve this zen state in their riding As reviewed by Writer s Digest 2004 I think this is the first writing that actually describes what I feel when I ride my horses I have never wanted to compete just reach that place of unity which will be an ongoing practice with the horse for the rest of my life No hurry to get somewhere only connect while there Maybe someday you will put this great book into visual movement in a video You have really taken the mechanics out and replaced with emotion awareness with motivation to feel With great respect to our patient teacher the horse Sincerely Chris in OR A must for the serious rider This book stayed on target and was easy to keep up with Most Zen horse books make me want to gag after 5 minutes but this author has both of her feet on the ground and a lot to say Buy it you and your horse will both benefit Chuck Click Here to go the author s website and more on Zen and the Horse      **Whoa-Ga!** Cathy Kan'dala Reynolds,2006-11 Few sports parallel each other the way riding and yoga do The stillness in motion of yoga equals the effortless effort of riding What we learn in the yoga studio can easily be transferred to the saddle Balance is the biggest key to riding Our horses feel and react to every move we make when we ride them however subtle Yoga teaches us how to recognize the unbalanced errors and correct them before we get on the horse Cathy Reynold s new program uses the similarities of yoga and riding to connect students to themselves with body awareness and meditation and to their horses with new balance Book jacket      **Yoga on Horseback** Nicole C. Cuomo,Marty Whittle,2006 Cuomo and Whittle s mounted and unmounted yoga longe line and independent riding exercises are guaranteed to help riders of all ages and disciplines develop body awareness and strengthen their riding abilities

**Sacred Spaces** Susan Fay,2019-02-03 Are there silent yet powerful ingredients missing from most horse training techniques and riding instruction In her research of horsemen and women who appear to have a gift with horses Dr Fay outlines the invisible things these equestrians do that make their interactions with horses appear effortless As a research scientist and life long equestrian Dr Fay spent more than two decades searching for scientific explanations for why some people are able to develop seemingly spiritual relationships with horses She discovered that equestrians with this gift merely know how to use their natural abilities in a way that most of us were never taught These abilities already exist inside of each one of us so we merely need understand how to use them But we also need to be willing to open our eyes and hearts and let go of what we believe is possible Within the pages of this book you will gain insights into how you can develop your gift with

horses You will learn how you are unconsciously talking to your horse through your mind and body But more importantly you will see how easy it is to turn these unconscious conversations into ones that are meaningful to your horse This is not a book about animal communication Instead this is a guide to using the energy field along with the power of your own mind and body to influence your horse in a gentle and quiet yet highly effective way The principles presented in this book work regardless of the type of horse you have or the discipline you ride There is no need for special training gadgets because you already have everything you need Once you begin to implement the principles and see the profound changes in yourself and your horse you may never view traditional horse training methods in the same way Through real life stories and simple exercises Dr Fay guides readers to a greater awareness of their untapped abilities She teaches us how to use our innate gifts to create a sacred space where communion with the horse occurs naturally and spontaneously

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