



Balance, Calm and Fluidity

Week 1 Guidebook

Welcome to your first module ***Flow 101: How To Dissolve All Tension***

- Discover the 1 - and only 1 - principle of FLOW
- Find out the biggest block that keeps riders stiff and unflowing in the saddle (*I'll bet it comes as a BIG surprise!*)
- *Get a simple exercise to help you experience lasting evenness on your horse (no matter how old you are)*
- For the mounted part of this module, you'll take what you learn right onto your horse and immediately feel him relax and come through from behind
- And much, much more...

After each session, take a couple of minutes to answer the questions. This will help you to make lasting, positive change because journaling is a powerful tool to integrate the changes you are making in your movement and riding.

Also, this guidebook will serve as a record so when you want to revisit a class, unmounted or mounted session, you can find the one you want right away.

Enjoy!!

Week 1, Day 1, class Flow 101: How To Dissolve All Tension

=> What did you first notice about your distribution of weight and balance along the bottom of your pelvis and hips?

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==>We looked closely at the relationship of the legs, the perception you have of their individual length, and how you influence that from your 5 lines.

When creating the changes, what did you become aware of...for instance, about a bias you may have in the pelvis or lower back or the moment you start to fight yourself? Whatever you notice is what is most valuable.

==>When you went from your “new” place to your “old” place, what did you notice about how you go from one to the other?

==>What shifted to create an improvement?

==>How do you feel about making a change in this way?

Week 1, Day 2, Unmounted Audio: Finding Support In The Stirrups

What is it like to look for what is “supportive” instead of what is “Comfortable?”

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Week 1, Day 3, Unmounted Audio: The Magic World of Breathing

There are many breathing patterns and suggestions from different cultures and practices. What are your thoughts about breathing being a skill rather than a coping strategy or luxury?

Week 1, Day 4, Unmounted Audio: A New Place To Find Balance

What did you notice about doing a non-familiar movement to improve a familiar one?

Week 1, Day 5, Unmounted Audio: Your Quiet, Soft Seat, Part I

What is your thought about a neutral pelvis? Why? If you're not sure that's just fine.

Week 1, Day 6, Mounted Audio: Little Differences That Make Big Differences, Part I

What changes did you notice in your horse as you moved through the session? What are your thoughts about connecting with your horse through creating changes in yourself compared to trying hard? What does your horse think?

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Week 1, Day 7, Rest!

Congratulations on completing your first module!

I would love to hear from you...your thoughts, your takeaways, what you noticed about your horse!

Then onto Week 2: **The Secret To *Endless Ease***

Warm regards,

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