

To keep your shoulders level and your spine centered over your horse...

Think of expanding your collarbones sideways as if the top of your shoulders were pointing East and West on a compass. From this position, with your rib cage back, you can elongate your neck and spine even more into superior-torso alignment. This well-balanced, upper-body position allows you to carry yourself so your horse can carry you. – Holly Mason

*Holly Mason is a dressage instructor and the author of the book **It's Never Too Late** and the DVD, **Focus on Flexibility**. Having studied with many of the modern masters of dressage, she has coalesced the biomechanical concepts of the classical principles into teaching methods designed for contemporary riders. (dressagebydesign.com)*

