



Solutions

To keep your shoulders from rounding and your upper body aligned ...

Visualize weights attached to your elbows and gravity pulling them down as you ride. In addition, think of balancing a book on your head as you stretch up through your torso and neck. The curves of your spine in this position work naturally with gravity, putting your back, neck and pelvis in the best position to allow your horse to move freely underneath you.

—Holly Mason

A dressage instructor, Holly Mason resides and trains in New England and is currently at work on a book about the biomechanics behind the classical principles of dressage. She has studied with Karl Mikolka, Michael Poulin, Kathy Connelly and others. Her recent video "Focus on Flexibility" can be purchased on her Web site dressagebydesign.com



Illustration by Sandy Rabinowitz