

HorseSource.org Directory Listing

Connected Riding - Peggy Cummings



Connect

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OVERVIEW

From years of classical training and research of various riding styles, Peggy Cummings has developed Connected Riding® methods to achieve freedom of movement and self-carriage for both horse and rider. Her technique is based on reciprocal connection rather than force; it enhances performance through better communication. Connected Riding® teaches you to ride from the inside (by feeling), to the outside (by action). It provides you with an awareness of body and movement that empowers you to move in harmony with the horse. It teaches you how to influence the horse's movement through an elastic connection, allowing you to let go of compressive, energy-draining techniques. Through a series of ground and mounted exercises, it shows you how to use the rhythm of your own body to lead your horse to enhanced performance. Peggy Cummings has a passion about positively changing the way riding is usually taught. We have a small group...