

Get the right balance

Equestrian Balancing Therapy (EBT) is a new technique to help horses and riders develop a more balanced and harmonious way of going. Stephanie Woodson finds out more.



Not just for riders

When the technique is used with other people, it can be used to help with the rider's posture, balance and coordination. It can also be used to help with the rider's breathing and posture. It can also be used to help with the rider's posture, balance and coordination. It can also be used to help with the rider's breathing and posture.

Gentle manipulation

The use of gentle manipulation techniques can help with the rider's posture, balance and coordination. It can also be used to help with the rider's breathing and posture. It can also be used to help with the rider's posture, balance and coordination. It can also be used to help with the rider's breathing and posture.



The expert
Stephanie Woodson is a professional equestrian and a certified equestrian balancer. She has been teaching EBT for over 10 years and has helped many riders improve their balance and coordination.

What you will learn
You will learn how to use EBT to improve your horse's balance and coordination. You will also learn how to use EBT to help your horse with various ailments, such as sore shins, back pain, and joint issues.

What you will need
You will need a horse and a rider who is willing to try EBT. You will also need a certified equestrian balancer to teach you the technique.

How to find a certified equestrian balancer
You can find a certified equestrian balancer by contacting the International Equestrian Balancing Association (IEBA) at www.equestrianbalancing.com.

For more information
Visit www.equestrianbalancing.com for more information on EBT and to find a certified equestrian balancer near you.

The benefits

- EBT can help the rider's posture, balance and coordination.
- EBT can help the rider's breathing and posture.
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Assessment



The assessment is a key part of EBT. It involves observing the rider's posture, balance and coordination while they are riding. The balancer will also observe the rider's breathing and posture. This information is used to develop a personalized EBT program for the rider.

Rigidity



Rigidity is a common issue for riders. It can be caused by a variety of factors, including poor posture, lack of flexibility, and overexertion. EBT can help to reduce rigidity by improving the rider's posture, balance and coordination. It can also help to improve the rider's breathing and posture.

Relaxing breathes



Relaxing breathes are a key part of EBT. They involve taking deep, slow breaths while the rider is riding. This helps to reduce tension in the body and improve the rider's posture, balance and coordination. It can also help to improve the rider's breathing and posture.

Engagement

Engagement is a key part of EBT. It involves observing the rider's posture, balance and coordination while they are riding. The balancer will also observe the rider's breathing and posture. This information is used to develop a personalized EBT program for the rider.



Focusing the upper body



Focusing the upper body is a key part of EBT. It involves observing the rider's posture, balance and coordination while they are riding. The balancer will also observe the rider's breathing and posture. This information is used to develop a personalized EBT program for the rider.

In conclusion...

EBT is a new technique to help horses and riders develop a more balanced and harmonious way of going. It can help to improve the rider's posture, balance and coordination. It can also help to improve the rider's breathing and posture. EBT is a safe and effective technique that can be used by riders of all levels.

For more information on EBT and to find a certified equestrian balancer near you, visit www.equestrianbalancing.com.