



## Centered Riding 2: Further Exploration

*Sally Swift*

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Centered Riding is not a style of riding as are dressage, hunter seat, or Western. Rather, it is a way of reeducating a rider's mind and body to achieve greater balance in order to better communicate with the horse. Founder Sally Swift revolutionized riding by showing that good use of the human body makes a world of difference on horseback. Early in her work, she established what she calls the "Four Basics" — centering, breathing, soft eyes, and building blocks—which, together with grounding, are the main tenets of her method. When a rider learns and maintains these basics, then harmony between horse and human is possible.

Sally Swift's first book, *Centered Riding*, made its revolutionary appearance in 1985 and continues as one of the best-selling horse books of all time. This second book doesn't replace the first one, it complements it. In the intervening years, *Centered Riding* continued to evolve, and Sally inevitably developed many new concepts and fresh imagery, all of which are presented here.

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