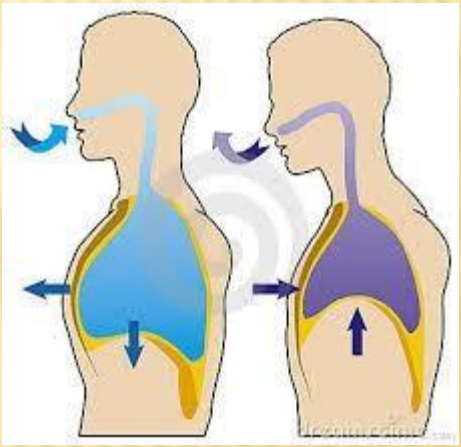
Isabelle von Neumann-Cosel

Congress in Sarlóspuszta,
22.10.2017

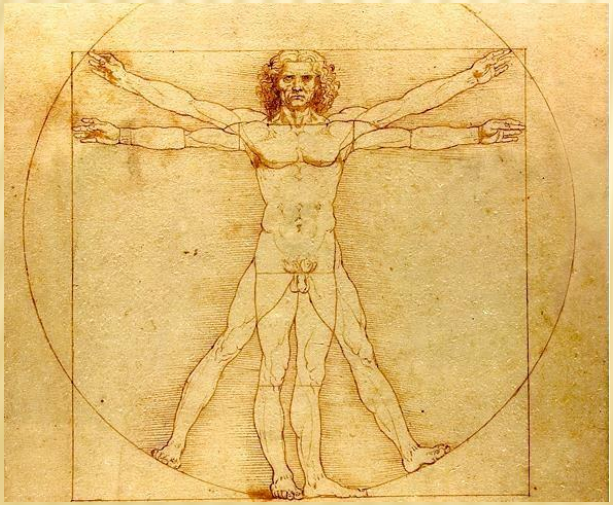
RHYTHM AND BALANCE - RIDER‘S MOST IMPORTANT TOOLS

LIVE REQUIRES MOVEMENT



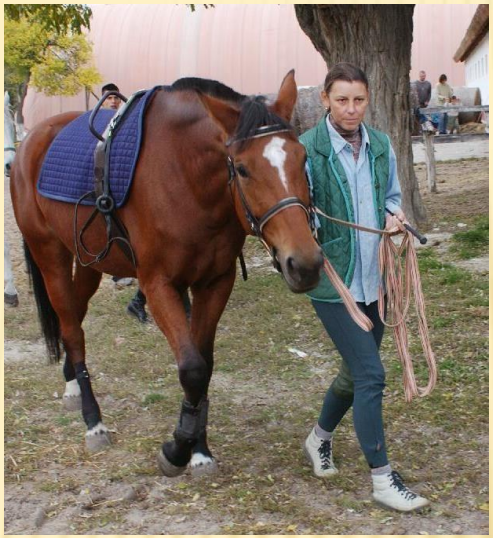
DEVELOPMENT OF BALANCE AND RHYTHM

BALANCE IS A LIFETIME CHALLENGE



HUMANS CONNECT THEIR MOVEMENTS

HORSES CONNECT THEIR MOVEMENTS



THE RIDER‘S SEAT MEETS THE CHALLANGE OF BALANCE

HOW TO LEARN BALANCE IN MOVEMENT

The 3 States of learning a movement

- First head and trunk control – then arm and leg control
- First the raw form, then the fine form of a movement
- The perfect fine tuning of movements appears as an almost immobile position

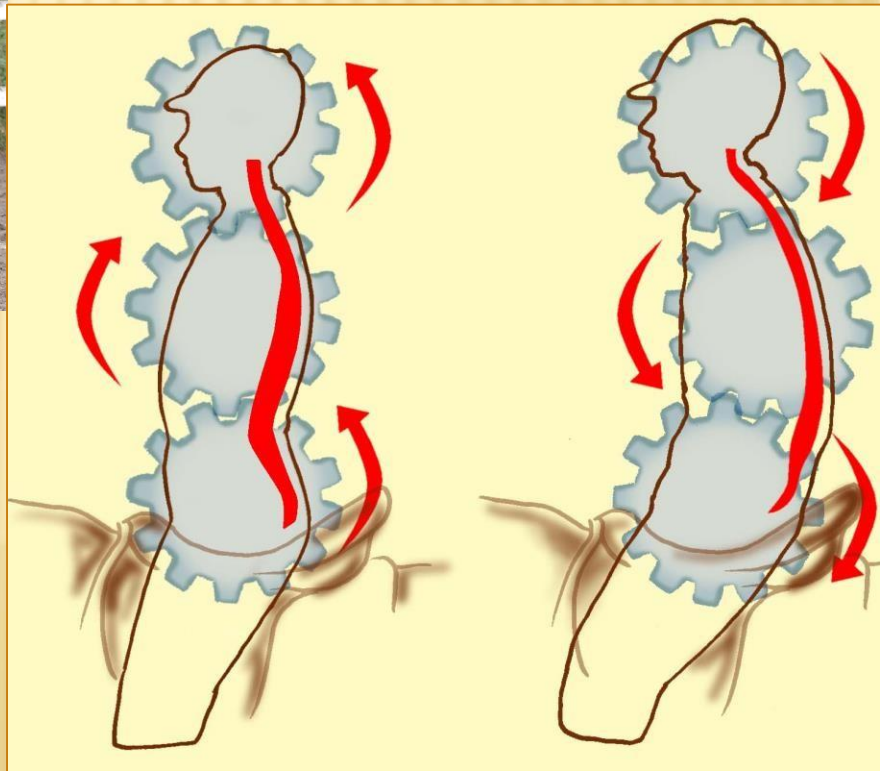
THE IMPORTANCE OF INNER PICTURES

LOOKING INTO HORSE AND RIDER

PLAYING WITH BALANCE AND RHYTHM

THE CHANCES OF BALANCE AND RHYTHM

MOVEMENTS FITTING TOGETHER



A DREAM COMES TRUE