

# EMA

Equine Massage Academy Ltd

*Therapy Education Research*

## Are You Helping or Hindering Your Horse Without Realising?



When something doesn't feel quite right when we ride, the common assumption is:  
"It's the horse."

So we:

- Adjust the training
- Book lessons
- Check tack
- Work on the horse more

But what if part of the issue isn't the horse at all?

## The Missing Piece

Riders rarely consider their own body as part of the equation.

But your horse feels:

- Your balance
- Your tension
- Your stiffness
- Your asymmetry

👉 Every single stride.

### 1. What Riders Often Don't Notice

- One side feeling tighter than the other
- Difficulty sitting evenly
- Stiff hips or lower back
- Collapsing through one side
- Gripping or holding tension

These feel small.

But to your horse—they're significant.

### 2. What Actually Matters

#### A. Your Position Affects Your Horse's Movement

If your body isn't balanced, supple or injury, your horse has to compensate.

This can lead to:

- Crookedness
- Uneven movement
- Difficulty in transitions
- Reduced performance

#### B. Stiffness Creates Tension

If you're tight, your horse often becomes tight.

Because:

👉 Tension travels from rider to horse

Even subtle restriction can:

- Block movement
- Affect rhythm
- Reduce relaxation

### **C. Symmetry Is Rare (But Important)**

Most riders are naturally uneven.

Without realising it, you may:

- Sit heavier on one side
- Use one rein differently
- Load one shoulder or hip

Your horse then has to adjust around you.

#### **⚠ The Risk of Ignoring It**

If rider imbalance or pain isn't addressed, you may see:

- Ongoing "mystery" issues
- Inconsistent performance
- A horse that feels different on each rein
- Frustration despite doing everything "right"

### **3.A Smarter Approach**

Instead of asking:

👉 "What's wrong with my horse?"

Ask:

👉 "What might my horse be feeling from me?"

### **4. You Don't Need to Be an Athlete**

You don't need extreme fitness or hours in the gym.

But you *do* need:

- Mobility
- Balance
- Body awareness
- The ability to move with your horse

And this can be developed simply, at home.

### **5. Where You Come In**

By improving your own body, you can:

- Help your horse move more freely
- Reduce tension

- Improve communication
- Create better balance and harmony

And one of the biggest benefits?

👉 Riding becomes easier—for both of you.

## **6. Want to Improve Your Riding by Working on Yourself?**

Inside our **Yoga and Mindful Meditation for Equestrians** [LINK](#)

you'll learn:

- Simple exercises you can do at home
- How to improve flexibility and mobility for riding
- How to become more balanced and aware in the saddle
- How small changes in you create big changes in your horse

No complicated routines.

No need for prior experience.

Just practical, effective ways to support both you *and* your horse.

Because better riding isn't just about what you do *to* your horse...

👉 It's about what you bring *to* your horse.

**Now you're truly helping your horse!!**

Our courses are approved by:

