

6TH LESSON OF BIOMECHANICS FOR THE RIDER

THE MIND AND THE BODY

It can get quite frustrating for the rider when we are told over and over to get our shoulders back or sit up straight while riding. It's as if our bodies won't stay where we put it while riding. The biggest challenge for the rider is to learn how to hold the change on an ongoing ride or lesson. There are some ways to help change our minds to hold our bodies.

If we learn how our brain moves our body, we may have a chance at looking good and being effective while riding.

Here are some different ideas on how to train your brain and body for riding.

1. Cross-Coordination

The idea of cross-coordination is that your brain can think only if you move on both sides of your brain and with your hands. Your hands must be touching what you are trying to release and relax, like head, neck, shoulder, whatever. You twist your body so that your body moves all the way left and all the way right to cross over an imaginary line down your face...both sides of your brain. Laying down on a mat is good for you lower torso, but you must incorporate your hands in the twisting. Eckard Meyners has developed this. I highly suggest going to his clinic if he's in your area.

2. Stretching of the Spine or Core Strength – Joseph Pilates

The Pilates idea is that a strong core is the basis of all strength. Through exercises involving a reformer, lying on your back with your stomach in to lengthen the spine without using legs or shoulders. Through stretching long with the core muscles only, builds many layers of muscles along the spine and abdominals. There are 19 layers. It's important that we learn how to not use our shoulders and legs to protect our spine, but to build our muscles along our spine so that we can release our shoulders and legs to be independent.

3. Mind and Body Movement – Feldenkrais

How what we think influences how our bodies tighten and essentially move.

It's important to train the mind to allow the body to release itself so that we are better moving and happier people. This is rather new to me, but other riders have said this is super helpful.

4. Yoga – Body stretching and balance

These are just a few great ideas out there that could help. There are many ways to help our minds and bodies for riding, but ultimately riding is the very best way to train your mind and body.