



Rider's Breathing

CHECKLIST

MY GOAL

My goal is to breathe low into my belly so my ribs stay wide and my pelvis stays free. I keep my seat elastic, my hands quiet, and my aids clear.

CHECK

- I soften my jaw and tongue. Then my neck relaxes more easily.
- I keep my shoulders heavy and wide, not lifted.
- I let the ribs expand around my torso, not only forward.
- I feel movement low, around my navel area, without pushing the belly out aggressively.
- I keep the breath continuous. I avoid long holds, especially in transitions.