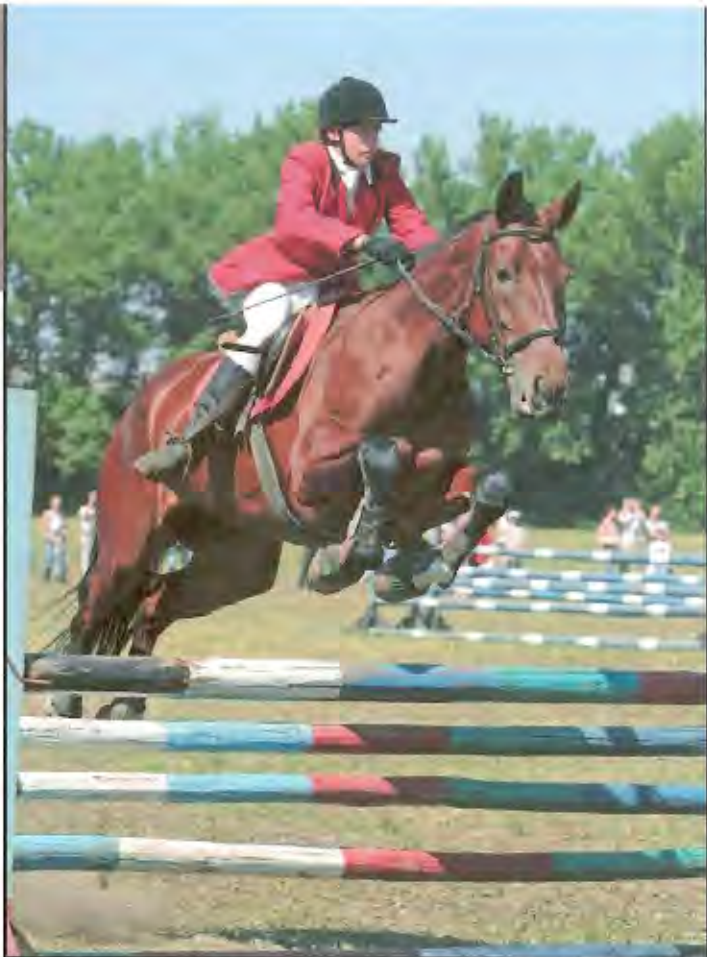


Equestrians Perform At Optimum Level

The Mind-Body Energy Connection

By: Gina F. Rubel

Based in Springtown, Pa., Cheyenne is an established and respected holistic practitioner who is deeply committed to helping individuals achieve optimal well-being. Cheyenne is a popular teacher, speaker and healer for the past 20 years, both locally and abroad. She works with the horse and rider to bring the benefits of focus, clarity and energy alignment so that every ride is safer, and more enjoyable.



Perform at Your Optimum Level

Many riders make the choice to work with Cheyenne. They find it helps with all aspects of their life bringing clarity, focus and movement in a positive direction. The mind-body connection is extremely important as it pertains to riding. This connection helps to create an awareness of what is happening with the rider's energy, their thought process as well as the horse's energy and their surroundings.

Safety is of the utmost importance in all sports and equine is no exception. The horse will feel the difference in the rider who has a sound mind-body connection. Their presence creates a level of trust. The final out come, both horse and rider performs at optimum level safely with more joy and less injuries.

"A Horse's energy can be affected when they are changing stables, being trained or when transitioned from one barn to another." Cheyenne explains. When a rider understands their own energy body as well as their horse's energy body it can make a significant difference in over all performance.

The following are a few steps a rider can take which will support performing at an optimum level.

- Have a solid foundation and understanding of the energy field, your own as well as your horse.
- Eat a well balance diet and provide your horse with a balanced diet.
- Maintain good and consistent sleep patterns whenever possible.
- Take the time to get present, be in the moment. This can be done whenever you feel the need to step back and regroup from the every day stressors of life.

Here are some tools that support being in the moment:

- Listen to relaxation CDs
- Engage in movement exercises
- Meditate.
- Practice Qi Gong, Polarity Exercise and/or Yoga.
- Engage in energy medicine.
- Maintain a healthy spine with a chiropractor.
- Get regular massages.

Any mix of these tools can provide both the horse and the rider with additional support needed from time to time for over all well-being. This will create balance and maintain a healthy body – mind – spirit connection.

Cheyenne believes "it is a choice, an investment that many riders will make to enhance their experience and deepen their seat. Like any great

athlete, continued training at all levels, is necessary to perform at one's optimum level."

Enhance Your Focus and Inner Strength

Enhancing one's inner strength and a core sense of oneness with their horse should be the outcome when working with the mind – body connection. "For some it may be getting back in the saddle again after a trauma while working with or riding horses. The work we do should be integrated into everyday life. One thing is for sure: the rider must have a love for the horse and a passion for the sport as well as an understanding of the mind-body energy connection to be fully successful."

Deepen Your Seat

In order to deepen your seat, it is important for riders to strengthen themselves at a core level, understand the energy connection of the mind-body-spirit as it pertains to both horse and rider, employ relaxation techniques, and stay focused. In order to do this, it is important to calm your mind and focus your breathing.

According to Dr. Lynn Orlando, who teaches equine studies at Delaware Valley College, "I have known Cheyenne for six years and was a student in her wellness and movement class combining yoga and polarity movements at the Adult Evening Classes at the Palisades Middle School." Dr. Orlando also invited Cheyenne to her home, Windfield Farms, to work with her horse, Power Play.

"I began to respect her abilities and sensitivity and saw a great deal of change in my breathing and focus as I worked with her," Dr. Orlando says. "I invited her to Delaware Valley College as a guest speaker. She spoke on the value of a good seat, being present as well as demonstrated polarity exercises and the effects for horse and rider."

Dr. Orlando explained that "Polarity Exercise" is a set of movements developed by Dr. Randolph Stone, founder of Polarity Therapy, to work with the energy flow of the body.

"I also hosted Cheyenne at the Bucks County

Horse Park in Revere, Pa., when I was the president. We did weekly sessions on the Yoga pad, which she and her husband cleared and leveled for members to take classes weekly or anytime they wanted to come and stretch or do yoga and polarity movements. The classes focused on areas of strength for riders, relaxation techniques, and focusing. We were thrilled and really appreciated her efforts." As far as Dr. Orlando is concerned, "Cheyenne is a gifted and talented individual who is extremely effective with humans and horses."

"I get it intuitively when something is off or out of balance. Sometimes it is a belief system, the way the rider is thinking about the horse, event, and ride. Other times it is an energy imbalance with either the rider or the horse. I sense it in different ways. A knowing if you will, some times I see it or feel it," Cheyenne explains. "I feel it energetically. I work very much from an intuitive space. It is a gift. The ability to be a conduit for the energy is a gift that I never take for granted."



Be in the Moment

Cheyenne often tells her clients that they need to "be in the moment." She shares simple way to do this.

Take a moment to be still. Stand with feet, shoulder width apart, and feel your feet on the ground. Do a few shoulder rolls, (roll your shoulders from front to back and then back to front in circular motion) inhaling and exhaling. Then, do some shoulder shrugs by bringing the shoulders up towards your ears tighten all the muscles on the inhale and with each exhale drop the shoulders while relaxing and letting go. While doing this, let the sound "ha" come from the belly and out of your mouth as you drop the shoulders. Then repeat this process three times.

Next, feel yourself becoming present in the moment. Feel your feet on the ground. Close your eyes and let all the sounds around you take you inside for just a moment. Repeat in your mind "I am breathing in, therefore I am breathing out," on each inhale and exhale repeat the phrase three times. This will help your mind focus on

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your own energy and quite all the internal and external chatter of your mind.

Now, clear your mind about what it is you are about to do. Then visualize yourself enjoying the ride or taking a jump with ease. See it happening safely and with proficiency in your mind's eye.

Now, you are in the moment.

Strength at the Core

Being in the moment helps to strength you at a core level. Once you have cleared out all the chatter, inside your own head as well as all the outside noise of the barn, you will find you are more open mentally and physically. You want to accomplish. This supports a clear channel for you to sense what is going on within yourself as well as your horse.

Realizing that your body - your being, as well as your horse's being is a step down of energy, which becomes form (shape, size, color, ability), you can tap into that energy at a core level by being in the moment. You become one with your ride. It will support your ability to direct your horse and/or feel what your horse needs and/or desires. This provides you with a safer and more enjoyable ride.

"What I learned from Cheyenne is that it is important that a rider is breathing and centered when on a horse," explains Dr. Orlando. "There also needs to be a connection of mind, body and spirit. Cheyenne takes folks from where they are and allows them to focus their physical presence in the moment."

Cheyenne works with individuals of all ages. She has been an adjunct to equestrian day camp for children teaching ways to let go of what happen before or on the way to the barn, get settled and tune in to their horse's energy.

Cheyenne says, "Clear your mind before a ride. Empty the mind of all the chatter. Be in the Moment. Let go of all other thoughts. See all other thoughts ride out of your mind on the wind. Empty your mind. Be in the moment and get grounded—settle into this moment in time. Enjoy the ride!"

Cheyenne is someone who respects and shares passion and compassion for horses with their riders. She lives and works at Meadow Brook Farm on Slifer Valley Road in Springtown, Pa. where she is also a partner with her husband and son raising and selling all Natural Certified Angus Beef, boarding horses and living green. For more information, go to www.HealthHeartSoul.com or contact Cheyenne at **610-346-9566**.

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WITH YOUR RIDE**

**Meet Cheyenne at the
Eastern Pennsylvania Horse Expo
at Delaware Valley College,
November 1st & 2nd!**



**Go to www.PAHorseExpos.com
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