**Peggy Cummings, Clinician and Founder, School of Connected Riding®**

**Teaching “feel” is the gift that Peggy Cummings shares with riders worldwide.** She is a master rider and teacher and has the same passion and perseverance for her mission that she began over 40 years ago. She believed then and now ‘knows for sure’ that promoting freedom of movement and reciprocity through elastic connection between horse and rider creates the magic of being ‘in sync.’  It’s the memory so many people have of being on a horse as a child.  Peggy Cummings’ Connected Riding has found a way to help anyone recapture that feeling again.

Through her innovative and transformational style of teaching, Peggy has changed the way riding is taught through her principles and techniques of Connection. She is currently traveling worldwide, is writing and publishing more comprehensive books on her work and mentoring her group of talented instructors under her. Her School of Connected Riding is a not-for-profit institute, providing supplemental education for riding instructors and riders of all backgrounds.

Three main elements of Connected Riding include:

**Rider Awareness**: Riders learn how to use their posture to become “live weight” on their horse’s back, while supporting the horse’s balance.

**Groundwork:** Exercises for horses that develop a “weight bearing” posture preparing them for work under saddle, building self-carriage, impulsion, and

flexibility.

**Work Under Saddle**: Horses and riders “sync up” together in movement:

Riders feel a more reciprocal exchange with their horses’

movement– more ease, more performance, in all

disciplines and levels of riding.

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