

Circles for Good Posture

1. Begin in a circle either direction at the trot or canter.
2. Put both reins in your outside hand.
3. Raise your inside arm to shoulder level and hold your inside arm straight out from your shoulder.
4. Continue to work at a trot or a canter.
5. Switch rein hands putting reins in your inside hand.
6. Raise your outside arm first straight out from your shoulder then straight out in front of you.
7. Reverse directions of your circle and repeat.