



# EXHALE

*Gravity Yoga and Breath Coaching for riders*

**EXHALE - Gravity Yoga and Breath training for the modern day equestrian.**

Do you want to improve your riding position? Do you want to improve not only your physical self, but also your self awareness?

*Then EXHALE Gravity Yoga maybe for you!*

*EXHALE encompasses Gravity Yoga (targeted mobility training) and Breath Training to empower and improve riders at every level and every discipline.*

*Gravity Yoga is a matt based targeted mobility and flexibility training method that helps riders improve stiff backs, locked up hips and tight hamstrings.*

*The process involves long-hold stretches to help release tight muscles.*

*The poses are practiced completely relaxed and passively, so gravity does most of the work.*

*Gravity Yoga is a supplementary form of exercise, that aims to optimise your current training and riding regime.*

**Gravity Yoga is comprised of 3 central pillars:**

#### **Wet noodle:**

Muscles stretch best when completely relaxed. When training flexibility, you attempt to relax into the stretch as much as possible. In some poses, that means total release, in others, it means to use as little muscular energy as possible to stay in the position. Positively stretched muscles enable our seat on the horse to be more effective, aligned, and encourage the horse to move more correctly and freely with their rider.

#### **4x8 Breathing:**

A simple yet effective breathing technique that requires you to inhale through your nose to a count of four, and exhale through your mouth to the count of eight.

The breathing practice turns off the stretch reflex. The stretch reflex is the body's pre programmed response that tells the muscle to tighten and contract when under stress. By slowing the rate of breathing to three breath per minutes or less and by extending the length of the exhale, it stimulates the parasympathetic nervous system response, turns off the stretch reflex, and relieves muscle tension. It also creates a simple point of focus during the long challenging postures. This can ultimately transfer to the competition arena, where high pressure situations, physical tension and heightened breathing can impact overall performance, however, if trained correctly, can be managed and improved.

#### **Meet or beat your hold time:**

The typical gravity yoga pose hold times are 2-5 minutes. The key factor in optimising your results when training flexibility, is time under passive tension. Stretch times should be actively tracked. Your body will always impose its natural intuitive limit, so a stopwatch is a useful tool to measure, match and exceed your previous results.

Gravity Yoga enables you as a rider to improve elongation through the hips, back and hamstrings aiding in developing a correct and effective seat, resulting in clearer aids to the horse, better balance, alignment and impulsion. Whether you are starting out on a new self improvement phase, or want to refine your skills at the highest level, Gravity Yoga has something for you.

*"If it doesn't challenge you, it doesn't change you"*

EXHALE GRAVITY YOGA & BREATH COACHING Pernille Hogg 0402 838 057