

Presenter's name: Isabelle von Neumann-Cosel

Curriculum vitae:

Isabelle von Neumann-Cosel is a journalist, author and riding instructor qualified by the German Equestrian Federation (FN). With over 20 published books - some of which have been translated into Hungarian - numerous lectures, seminars, courses and further training for trainers, she is a qualified specialist for the rider's seat and aids both at home and abroad. Her uncle Gottfried von Dietze founded the German *Kuratorium für Therapeutisches Reiten*. Through her family connection, her professional expertise and the intensive collaboration with her well-known cousin *Susanne von Dietze* - a worldwide well-known physiotherapist - she has gained practical experience in various areas of therapeutic riding - from training para-equestrian athletes to working as a judge. For more than 20 years she has been involved in the training program for future therapists in Hungary as an examiner for the relevant equestrian and hippological skills. This year she started a train-the-trainers program in Hungary. As a journalist, she is not only known for her writing on equestrian topics, but she is also an expert on contemporary ballet and stage dance.

Category: Workshop

Authors:

Isabelle von Neumann-Cosel

Title: WARMING UP THE BRAIN - BEFORE A THERAPEUTIC RIDING LESSON

Abstract:

This practical demonstration relates to the concept presented in my lecture. However, the practical steps presented here serve to prepare the brain in the best possible way for the compensatory movements that are necessary to balance the horse's movement. This warm-up activates the regions of the brain involved and is based on the concept of autonomic coordination, i.e. the spectrum of movement that is developed autonomously by babies and small children. Therapeutic riding covers a wide range of possible clients, objectives and forms of practical implementation. The model presented here allows for a wide range of individual adaptation on the basis of basic coordinative patterns. The exercises can be used both on the ground to prepare for riding and on horseback to improve body awareness, balance and safety.