

The Balance-Relaxation Cycle Guidebook



**“The more you do, the less success you will have.
The less you do, the more will go right.”**

~Nuno Oliveira

Welcome to your ***Balance-Relaxation Cycle Workshop***. I have specifically designed this training to teach you how to transform a negative cycle of tension and imbalance into a positive cycle of balance and relaxation so you can ride effortlessly and effectively.

The 5 easy activities in the workshop are scientifically proven to create positive and lasting improvements to your riding at the muscle-memory level.

Throughout the workshop you'll be directed to note your observations and take aways in this Guidebook. I encourage you to do this because articulating your experiences in this way is a helpful part of creating a lasting, potent change in your riding so you can do less and get more from each ride.

Let's begin...

[illegible]

1. Where do you want to go in your riding? What would having this change for you? Then, when you have this, what would change for you? How would having this make you feel? Write a few words.

2. The first step to improvement is to be clear about where you are now, your starting point, no judgements, we're just gathering the information the movement centers of your brain need to create a lasting change. Write a few words.

3. Recognizing unproductive riding strategies is vital to the transformation of a negative cycle of tension and imbalance into a positive cycle of balance and relaxation. What strategies did you use to affect your distribution of weight and balance? Did they require tension and effort? What result did they give you? Write a few words.

4. If familiar riding strategies result in a negative cycle of tension and imbalance then what to do instead? The sole solution is create a positive cycle of balance and relaxation is to

5. I gave an example of a positive cycle of relaxation and balance in action. What is your take away from this? Write a few words.

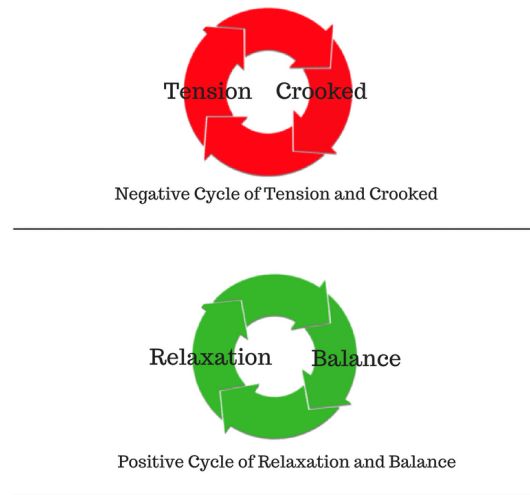
6. What ability do you have, that doesn't age, to create lasting and beneficial changes to your riding? _____.

7. Relaxation is just a skill that anyone can learn. What is the first step to the "Relaxed Action" technique? _____.

8. What stood out for you the most when you recognized your ability to create an improvement from a place of relaxation, not tension? Write a few words.

9. The third step establishes the positive cycle of balance and relaxation. How will you bring this into your riding? Write a few words.

10.



10a. When you shift back to your “old” place where are you on these cycles in the diagram below? What is it you do that creates this? Write a few words.

10b. When you shift to your “new” place where are you on these cycles in this diagram? What is it you do to create this? Write a few words.

11. How do you learn best? Write a few words.

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We covered a lot of ground today, and I commend you for taking this time out of your busy schedule and for showing up with an authentic desire to improve your riding.

By participating in this training you are taking fruitful steps to doing less in your riding so that more will go well.

It's been a pleasure spending this time with you.
Best,

Heather Beachum

Ps. Would love to hear from you and your experiences in the workshop and how this shows up for you in your riding. Drop me an email at Heather@HeatherBeachum.com.