
People training to help horses under saddle and harness

Elaine Meredith Steele travels worldwide teaching Centered Riding®

Trinergy Riding Instruction LLC

Contact: Elaine Meredith Steele

E-mail: elaine@trinergy.net

Voice: 208-660-5204

Web Site: www.trinergy.net

1-20-10 RICHLAND, Washington—Elaine Meredith Steele is a “people trainer” because helping riders helps horses. With exploration into human/horse body awareness and comparable parts, Elaine demonstrates how horse and rider can move together with increased efficiency and mutual communication. These extensive experiences as a Centered Riding® Instructor and Clinician have proven extremely valuable for Elaine’s students. Centered Riding® explains body language; the subtle communication between horse and rider which can be refined and enhanced through the rider’s own body awareness. Elaine’s clinics help riders develop meaningful self-awareness while encouraging suppleness and freedom of movement for the horses. Clinic topics address items such as finding basic comfort by developing a more secure seat; improving performance with clarified communication; and confronting fear issues through knowledge and awareness.

Elaine is a member of an elite group of horseback riding clinicians. Out of over 600 instructors worldwide that are skilled in teaching with Centered Riding® Techniques, Elaine is one of only 53 qualified to teach clinics endorsed by Centered Riding®, Inc. Elaine has been teaching Centered Riding® since 1992 and was privileged to take her initial instructor course from Sally Swift, the founder of the technique. Elaine is now a Level IV Apprentice Centered Riding® Clinician, training to achieve the highest level. When complete, Elaine will also be able to train new Centered Riding® instructors and update existing teachers as they expand their experience and education.

Elaine’s teaching schedule has included locations in the North West, the Mid West and in the United Kingdom. She has given presentations at four Centered Riding® International Symposiums - 2000, 2002, 2005 and 2007 - and served as Treasurer on the Centered Riding® Board of Trustees from January 2005 to November 2008. Elaine has conducted interactive lectures and demonstration lessons at the Back Country Horsemen of Washington’s Annual Rendezvous in 2002, 2003 and 2006 alongside featured headliners; Craig Cameron, Josh Lyons and Richard Shrake. She is currently Chairman and CO of Equine Ambassadors, Inc., a 501(c)(3) nonprofit which Elaine founded to pass on the traditions of draft horse driving and offer historical reenactment and interpretation.

Elaine started her teaching career while working with the Ba-Ma-Shaw 4-H Club in Merritt, Michigan. After relocating to Idaho and becoming Senior Instructor at the prestigious Hidden Creek Ranch, once located in Harrison, Idaho, Elaine developed a fun and to the point teaching style, created a successful weekly lesson format, and then became an advisor for the additional teaching staff. She trained the ranch teamsters to drive a two-up hitch and taught lessons with the draft horse team. Elaine served two years as the barn manager for a staff of ten and a herd of 90 horses. The philosophy of Centered Riding® penetrated throughout the ranch’s riding program as Elaine taught thousands of guests during thirteen years of group and private lessons. Elaine is currently available worldwide to teach Centered Riding® Clinics. She is additionally working on an exciting new video and website project.

Elaine has images available and media interviews can be arranged. More information and rates are available on her website, www.trinergy.net

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