To keep your shoulders level and your spine centered over your horse...

Think of expanding your collarbones sideways as if the top of your shoulders were pointing East and West on a compass. From this position, with your rib cage back, you can elongate your neck and spine even more into superior-torso alignment. This well-balanced, upper-body position allows you to carry yourself so your horse can carry you. — Holly Mason

Holly Mason is a dressage instructor and the author of the book It’s Never Too Late and the DVD, Focus on Flexibility. Having studied with many of the modern masters of dressage, she has coalesced the biomechanical concepts of the classical principles into teaching methods designed for contemporary riders. (dressagebydesign.com)