



Biography of Manuka Schneider and how she got to where she is today in the equine industry

Manuka Schneider, born 1961 in Melbourne grew up in Germany around horses. Her love and compassion for horses led her on a professional career path and Manuka studied in Germany the Tellington-Method® to support optimal physical, mental and emotional health for horses. She built up her knowledge of modern, high-quality riding and in 1998 Manuka founded Riding With Awareness (www.bewusst-reiten.de) in Munich.

Working as a riding instructor she discovered that many riders and horses lack awareness of their body and how they use their body. Riders are often caught in the trap of unconscious habits. The way riders use the body feels normal and familiar even if they have unhelpful habitual patterns, which cause them to be stiff, crooked or out of balance. The horse feels and reacts to the way the rider uses their body, right or wrong, which can lead to miss-communication and discomfort.

Manuka's passion to find new ways to a more balanced, free, and coordinated use of self led her to research and development projects with guest teachers in the fields of physical training for riders, Feldenkrais, dance conscious breathing, tai chi, qigong, yoga and meditation. Manuka also participated in a meeting-platform at the international sportculture academy north of Munich to share new ideas and expressions in art, culture and movement. Already an experienced body-trainer Manuka started in 2003 to study Centered Riding®, which is based on a knowledge of human and horse anatomy, balance, and movement. Centered Riding® develops an understanding of how the mind affects the body and how both body and mind of the rider affect the horse.

Over the last ten years Manuka has developed a security training programme to significantly minimize the risk of a fall and injury, which provides the best support for riders. The programme includes training for falling off a horse, increasing security and balance in the saddle, agility for a flexible seat and the development of protective behaviour.

For the past 15 years Manuka has run clinics and one-to-one sessions for rider and horse to achieve their best potential, removing fear, pressure and unnecessary tension and increasing their knowledge and understanding of how to use the body better. The results are both horse and rider move more freely and comfortably, and develop their best performance.

Manuka supports riders and instructors of all ages, interests and levels. Her teachings can be applied to any type of horse or horsemanship. Back to her roots - since 2009 Manuka is available for bookings Australia-wide. She is based in Gosford New South Wales area from November till March every year.

For more information visit www.bewusst-reiten.de and www.falltraining.org